



WHATSheATE



Creamed Corn Cornbread



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



247 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 1 cup corn
- ☐ 2 eggs
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups cornmeal yellow

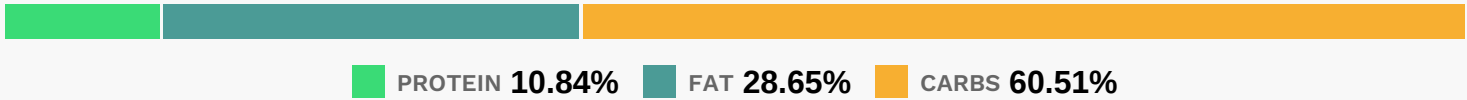
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees.
- ☐ Place a 10-inch cast iron skillet into the oven.
- ☐ In a bowl, combine the cornmeal, salt, sugar, baking powder, and baking soda.
- ☐ Whisk together to combine well.
- ☐ In a large bowl, combine the buttermilk, eggs, and creamed corn, whisking together to combine thoroughly.
- ☐ Add the dry ingredients to the buttermilk mixture and stir to combine. If the batter will not pour, add more buttermilk to the batter.
- ☐ Swirl the canola oil in the hot cast iron skillet.
- ☐ Pour the batter into the skillet.
- ☐ Bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.7, Glycemic Load:19.04, Inflammation Score:-3, Nutrition Score:8.2360869853393%

Nutrients (% of daily need)

Calories: 247.26kcal (12.36%), Fat: 8.02g (12.33%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 33.96g (12.35%), Sugar: 4.66g (5.17%), Cholesterol: 44.22mg (14.74%), Sodium: 597.33mg (25.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Phosphorus: 174.95mg (17.49%), Fiber:

4.12g (16.49%), Vitamin B6: 0.28mg (14.21%), Manganese: 0.28mg (14.09%), Magnesium: 52.57mg (13.14%), Zinc: 1.66mg (11.06%), Calcium: 102.96mg (10.3%), Selenium: 7.01µg (10.02%), Vitamin B1: 0.15mg (9.7%), Vitamin B2: 0.16mg (9.18%), Iron: 1.63mg (9.03%), Folate: 33.94µg (8.49%), Vitamin B3: 1.32mg (6.62%), Potassium: 226.85mg (6.48%), Copper: 0.13mg (6.43%), Vitamin E: 0.92mg (6.12%), Vitamin B5: 0.58mg (5.77%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 132.58IU (2.65%), Vitamin K: 2.7µg (2.57%), Vitamin C: 1.31mg (1.59%)