



## Delicious Southern Cornbread

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



80 kcal

### Ingredients

- 0.8 cup buttermilk
- 1 tablespoon self-rising cornmeal
- 1 eggs
- 1 tablespoon honey
- 3 tablespoons vegetable oil

### Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 400 degrees F (200 degrees C). In an 8 inch cast iron skillet, heat vegetable oil over low heat.
- In a medium bowl, mix together cornmeal, buttermilk, egg and honey. Carefully stir in the hot oil.
- Sprinkle skillet with remaining 1 tablespoon corn meal. Spoon mixture into skillet.
- Bake in preheated oven for 22 minutes, or until firm.
- Serve hot.

## Nutrition Facts

**PROTEIN 7.64%** **FAT 71.57%** **CARBS 20.79%**

## Properties

Glycemic Index:18.97, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:1.9356521933299%

## Nutrients (% of daily need)

Calories: 79.68kcal (3.98%), Fat: 6.44g (9.91%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.29g (3.66%), Cholesterol: 22.93mg (7.64%), Sodium: 31.59mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin K: 9.47µg (9.01%), Vitamin B2: 0.07mg (3.88%), Selenium: 2.62µg (3.74%), Vitamin E: 0.5mg (3.3%), Phosphorus: 32.93mg (3.29%), Calcium: 29.19mg (2.92%), Vitamin D: 0.4µg (2.68%), Vitamin B12: 0.15µg (2.54%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.2mg (1.34%), Vitamin A: 66.82IU (1.34%), Vitamin B6: 0.03mg (1.27%), Potassium: 43.35mg (1.24%), Vitamin B1: 0.02mg (1.1%), Magnesium: 4.3mg (1.07%), Folate: 4.19µg (1.05%)