



Easy Buttermilk Cornbread

 Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



189 kcal

Ingredients

- ☐ 1.5 cups cornmeal
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup sugar
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1 cup frangelico

Equipment

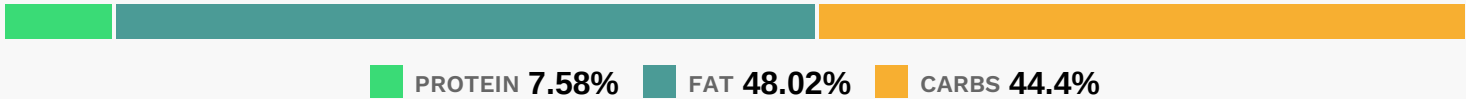
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 425°F. Generously grease bottom and side of 10-inch cast-iron skillet, 9-inch round pan or 8-inch square pan with shortening. If using skillet, heat greased skillet in oven about 5 minutes or until hot.
- ☐ Stir all ingredients until smooth.
- ☐ Pour batter into pan.
- ☐ Bake skillet 15 to 18 minutes, round or square pan 18 to 22 minutes, or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:12.83, Inflammation Score:-4, Nutrition Score:4.1260869663371%

Nutrients (% of daily need)

Calories: 188.6kcal (9.43%), Fat: 10.16g (15.63%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 19.27g (7.01%), Sugar: 6.86g (7.62%), Cholesterol: 29.48mg (9.83%), Sodium: 212.66mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin A: 410.92IU (8.22%), Phosphorus: 78.41mg (7.84%), Fiber: 1.87g (7.47%), Vitamin B6: 0.14mg (6.89%), Manganese: 0.13mg (6.52%), Magnesium: 24.43mg (6.11%), Selenium: 4.22µg (6.03%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.79mg (5.25%), Vitamin B1: 0.07mg (4.86%), Iron: 0.73mg (4.06%), Vitamin B5: 0.31mg (3.15%), Calcium: 31.19mg (3.12%), Vitamin E: 0.46mg (3.05%), Potassium: 105.2mg (3.01%), Copper: 0.06mg (2.94%), Folate: 11.3µg (2.82%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.41µg (2.71%), Vitamin B3: 0.52mg (2.58%)