

Real Southern Cornbread

READY IN



60 min.

SERVINGS



12

CALORIES



416 kcal

BREAD

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 4 cups buttermilk
- ☐ 0.3 cup corn oil
- ☐ 2 cups cornmeal
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup butter melted
- ☐ 0.5 teaspoon salt

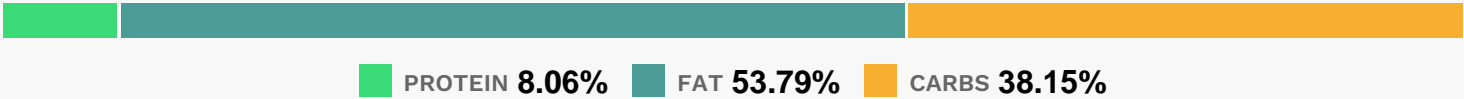
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ stove

Directions

- ☐ In a large bowl mix together the corn meal, flour, salt, and baking powder.
- ☐ In a separate bowl mix together the eggs, butter, and buttermilk.
- ☐ Add to the dry ingredients and stir until well blended.
- ☐ Heat a dry 12 inch cast iron skillet over high heat for 2 minutes.
- ☐ Add corn oil to skillet, swirl oil around to coat bottom and sides. Leave remaining oil in pan. Return to high heat for 1 minute.
- ☐ Pour the cornbread batter into the skillet and cook on high heat until bubbles start to form in the center.
- ☐ Remove from stove.
- ☐ Bake in a preheated 400 degree F (200 degree C) oven for 40 to 50 minutes, or until a knife inserted into the center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:24.74, Inflammation Score:-7, Nutrition Score:11.24260859078%

Nutrients (% of daily need)

Calories: 416kcal (20.8%), Fat: 25g (38.47%), Saturated Fat: 5.59g (34.95%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 36.84g (13.4%), Sugar: 4.4g (4.89%), Cholesterol: 36.08mg (12.03%), Sodium: 583.17mg (25.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Calcium: 224.08mg (22.41%), Phosphorus: 212.82mg (21.28%), Selenium: 13.87µg (19.81%), Vitamin B1: 0.29mg (19.03%), Vitamin B2: 0.31mg (17.98%), Vitamin A: 848.25IU (16.96%), Manganese: 0.32mg (15.88%), Folate: 54.77µg (13.69%), Fiber: 3.06g (12.23%), Iron: 2.13mg (11.85%), Magnesium: 42.93mg (10.73%), Vitamin B6: 0.21mg (10.42%), Vitamin E: 1.52mg (10.15%), Vitamin B3: 1.97mg (9.83%), Zinc: 1.37mg (9.11%), Vitamin D: 1.19µg (7.91%), Vitamin B12: 0.45µg (7.54%), Vitamin B5: 0.68mg (6.81%), Potassium: 234.11mg (6.69%), Copper: 0.12mg (5.98%), Vitamin K: 2.35µg (2.24%)