



Healthier Grandmother's Buttermilk Cornbread

 Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

9

CALORIES

calories

233 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter
- ☐ 1 cup cornmeal
- ☐ 2 eggs
- ☐ 1 cup regular corn frozen
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 cup flour whole-wheat white

☐ 2 tablespoons sugar white

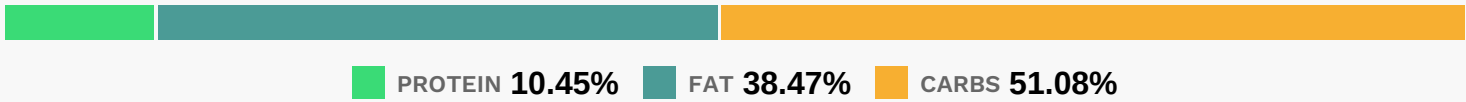
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (175 degrees C).
- ☐ Heat a 9-inch iron skillet in the oven for 10 minutes. Melt butter in skillet and brush over sides of skillet.
- ☐ Pour excess butter into a large bowl.
- ☐ Whisk buttermilk and eggs into excess butter.
- ☐ Mix sugar, baking soda, cornmeal, whole-wheat flour, and salt in another bowl.
- ☐ Whisk cornmeal mixture and frozen corn into buttermilk mixture. Scrape cornbread mixture into skillet.
- ☐ Bake in preheated oven until a toothpick inserted into the center of skillet comes out clean, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.95, Glycemic Load:9.55, Inflammation Score:-4, Nutrition Score:8.2778260837431%

Nutrients (% of daily need)

Calories: 232.98kcal (11.65%), Fat: 10.31g (15.86%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 27.19g (9.89%), Sugar: 4.31g (4.79%), Cholesterol: 57.51mg (19.17%), Sodium: 305.27mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Manganese: 0.69mg (34.41%), Selenium:

13.09µg (18.7%), Phosphorus: 148.63mg (14.86%), Fiber: 3.6g (14.4%), Magnesium: 47.33mg (11.83%), Vitamin B6: 0.22mg (10.86%), Vitamin B1: 0.15mg (10.15%), Zinc: 1.27mg (8.47%), Vitamin B2: 0.14mg (8.47%), Iron: 1.32mg (7.34%), Vitamin B3: 1.43mg (7.16%), Folate: 25.42µg (6.35%), Potassium: 215.27mg (6.15%), Vitamin A: 300.51IU (6.01%), Copper: 0.12mg (5.85%), Vitamin B5: 0.47mg (4.73%), Calcium: 45.08mg (4.51%), Vitamin E: 0.49mg (3.28%), Vitamin B12: 0.16µg (2.69%), Vitamin C: 1.59mg (1.92%), Vitamin D: 0.2µg (1.3%)