



Hot-Water Cornbread

 Vegetarian  Gluten Free

READY IN



21 min.

SERVINGS



21

CALORIES



230 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 21 servings butter softened
- ☐ 0.3 cup half-and-half
- ☐ 1.3 teaspoons salt
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 21 servings vegetable oil
- ☐ 0.8 cups water boiling
- ☐ 2 cups cornmeal white

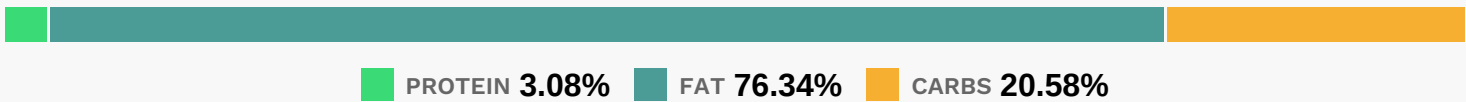
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Combine cornmeal and next 3 ingredients in a bowl; stir in half-and-half and 1 tablespoon oil. Gradually add boiling water, stirring until batter is the consistency of grits.
- ☐ Pour oil to a depth of 1/2 inch into a large heavy skillet; place over medium-high heat. Scoop batter into a 1/4-cup measure; drop into hot oil, and fry, in batches, 3 minutes on each side or until golden.
- ☐ Drain well on paper towels.
- ☐ Serve immediately with softened butter.
- ☐ Note: Stone ground (coarsely ground) cornmeal requires more liquid.
- ☐ Country Ham Hot-Water Cornbread: Stir in 1 to 2 cups finely chopped country ham after adding boiling water.
- ☐ Bacon-Cheddar Hot-Water Cornbread: Stir in 8 slices cooked and crumbled bacon, 1 cup shredded sharp Cheddar cheese, and 4 minced green onions after adding boiling water.
- ☐ Southwestern Hot-Water Cornbread: Stir in 1 seeded and minced jalapeo pepper; 1 cup Mexican cheese blend; 1 cup frozen whole kernel corn, thawed; and 1/4 cup minced fresh cilantro after adding boiling water.
- ☐ Baked Hot-Water Cornbread: Omit skillet procedure.
- ☐ Pour 1/3 cup vegetable oil into a 15- x 10-inch jellyroll pan, spreading to edges. Drop batter as directed onto pan.
- ☐ Bake at 475 for 12 to 15 minutes. Turn cakes, and bake 5 more minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.7930434798903%

Nutrients (% of daily need)

Calories: 230.14kcal (11.51%), Fat: 19.8g (30.46%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.44g (3.79%), Sugar: 0.53g (0.59%), Cholesterol: 11.76mg (3.92%), Sodium: 178.41mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin K: 27.39µg (26.08%), Vitamin E: 1.38mg (9.18%), Fiber: 1.58g (6.3%), Manganese: 0.1mg (4.91%), Magnesium: 19.42mg (4.85%), Phosphorus: 47.38mg (4.74%), Vitamin B6: 0.09mg (4.49%), Vitamin B5: 0.39mg (3.91%), Zinc: 0.51mg (3.38%), Iron: 0.59mg (3.25%), Vitamin B1: 0.05mg (3.2%), Vitamin A: 135.15IU (2.7%), Vitamin B3: 0.43mg (2.15%), Potassium: 72.13mg (2.06%), Copper: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.65%), Folate: 5.08µg (1.27%)