



Moist Skillet Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



193 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter divided melted
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2.5 cups corn kernels fresh divided (5 ears)
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar

☐ 1.5 cups cornmeal yellow

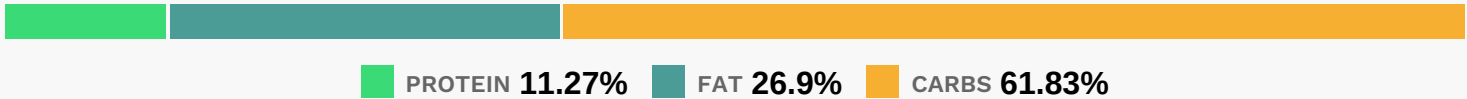
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, cornmeal, sugar, salt, and baking powder; set aside.
- ☐ Place a 9-inch cast-iron or oven-proof skillet in oven for 10 minutes.
- ☐ Combine 1 1/4 cups corn, milk, and 2 tablespoons butter in a food processor, and process until smooth.
- ☐ Add eggs, and process until just combined.
- ☐ Add the milk mixture to cornmeal mixture, stirring until just moist. Stir in 1 1/4 cups corn.
- ☐ Add 2 tablespoons butter to preheated pan, tipping to coat bottom and sides of pan.
- ☐ Pour corn mixture into pan.
- ☐ Bake at 450 for 25 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:16.11, Inflammation Score:-4, Nutrition Score:6.6786956748237%

Nutrients (% of daily need)

Calories: 193.08kcal (9.65%), Fat: 5.87g (9.03%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 27.89g (10.14%), Sugar: 4.73g (5.25%), Cholesterol: 36.97mg (12.32%), Sodium: 345.55mg

(15.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin B1: 0.21mg (13.84%), Manganese: 0.25mg (12.42%), Selenium: 8.49µg (12.13%), Phosphorus: 119.73mg (11.97%), Folate: 45.71µg (11.43%), Vitamin B2: 0.17mg (9.97%), Fiber: 2.48g (9.93%), Magnesium: 34.13mg (8.53%), Vitamin B3: 1.7mg (8.48%), Iron: 1.45mg (8.03%), Vitamin B6: 0.15mg (7.54%), Zinc: 0.94mg (6.26%), Calcium: 59.16mg (5.92%), Vitamin B5: 0.53mg (5.35%), Potassium: 179.6mg (5.13%), Vitamin A: 209.78IU (4.2%), Copper: 0.08mg (4.06%), Vitamin B12: 0.18µg (3.04%), Vitamin C: 1.8mg (2.19%), Vitamin E: 0.26mg (1.76%)