



Quick Buttermilk Corn Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 1.8 cups buttermilk fat-free
- ☐ 1 teaspoon salt
- ☐ 2 cups cornmeal yellow

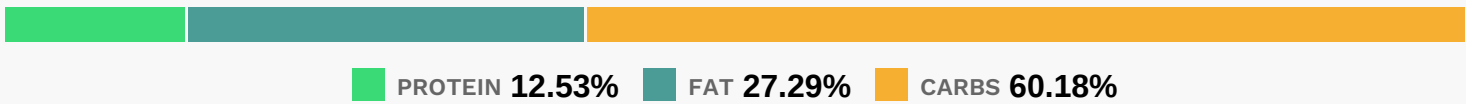
Equipment

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

Directions

- ☐ Preheat oven to 45
- ☐ Pour oil into a 9-inch cast-iron skillet.
- ☐ Place skillet in oven for 10 minutes.
- ☐ Combine the cornmeal, salt, baking powder, and baking soda in a large bowl.
- ☐ Combine buttermilk, pepper, and egg, stirring with a whisk.
- ☐ Add egg mixture to cornmeal mixture, stirring just until moist.
- ☐ Remove pan from oven. Tip pan to coat bottom and sides with oil; carefully pour excess oil into batter, stirring to combine.
- ☐ Pour the batter into pan, spreading evenly.
- ☐ Bake at 450 for 15 minutes or until a wooden pick inserted into center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:17.36, Inflammation Score:-2, Nutrition Score:5.7173912810243%

Nutrients (% of daily need)

Calories: 212.39kcal (10.62%), Fat: 6.43g (9.9%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 28.17g (10.24%), Sugar: 3.23g (3.59%), Cholesterol: 24.29mg (8.1%), Sodium: 443.67mg (19.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.29%), Fiber: 3.74g (14.98%), Manganese: 0.26mg (13.07%), Vitamin B6: 0.25mg (12.26%), Magnesium: 43.41mg (10.85%), Phosphorus: 107.34mg (10.73%), Zinc: 1.31mg (8.76%), Vitamin B1: 0.12mg (8.12%), Iron: 1.33mg (7.39%), Selenium: 4.31µg (6.15%), Vitamin E: 0.83mg (5.5%), Copper: 0.1mg (5.07%), Vitamin B3: 0.99mg (4.93%), Folate: 16.46µg (4.11%), Potassium: 137.15mg (3.92%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.33mg (3.33%), Calcium: 27.62mg (2.76%), Vitamin K: 2.64µg (2.52%)