



WHATSheATE



Sage and Honey Skillet Cornbread



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup cornmeal whole (preferably grain, medium grind)
- ☐ 1 large eggs
- ☐ 0.5 cup honey
- ☐ 2 teaspoons sage fresh whole chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup unbleached all purpose flour
- ☐ 0.5 cup butter unsalted (1 stick)

☐ 1 cup milk whole

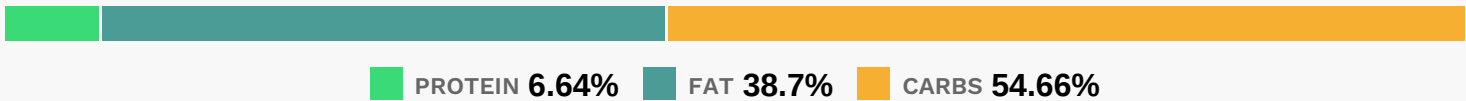
Equipment

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

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat heavy 10-inch-diameter ovenproof skillet (preferably cast-iron) in oven 10 minutes.
- ☐ Whisk first 4 ingredients and 2 teaspoons chopped sage in large bowl to blend.
- ☐ Whisk milk, honey, and egg in medium bowl to blend.
- ☐ Remove skillet from oven; add 1/2 cup butter. Swirl until butter is melted.
- ☐ Pour all except 2 tablespoons butter into egg mixture.
- ☐ Add whole sage leaves to butter in skillet; toss to coat. Arrange leaves over bottom of skillet, spacing apart.
- ☐ Add egg mixture to cornmeal mixture; stir until just combined (do not overmix; batter will be wet and runny).
- ☐ Pour batter over sage leaves in skillet.
- ☐ Bake until browned around edges and tester inserted into center comes out clean, about 22 minutes. Cool in skillet 10 minutes. Invert onto platter. If necessary, reposition sage leaves atop cornbread.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:12.45, Inflammation Score:-3, Nutrition Score:7.2613044134949%

Nutrients (% of daily need)

Calories: 218.73kcal (10.94%), Fat: 9.62g (14.79%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 28.99g (10.54%), Sugar: 12.83g (14.26%), Cholesterol: 38.28mg (12.76%), Sodium: 315.79mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Copper: 1.07mg (53.38%), Manganese: 0.2mg (10.17%), Phosphorus: 94.72mg (9.47%), Calcium: 93.88mg (9.39%), Vitamin B1: 0.14mg (9.07%), Selenium: 6.2µg (8.86%), Vitamin B2: 0.12mg (7.05%), Folate: 26.09µg (6.52%), Iron: 1.16mg (6.46%), Fiber: 1.58g (6.32%), Vitamin A: 292.01IU (5.84%), Vitamin B6: 0.11mg (5.3%), Magnesium: 20.72mg (5.18%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.67mg (4.45%), Vitamin D: 0.45µg (2.99%), Potassium: 101.34mg (2.9%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.16µg (2.72%), Vitamin E: 0.35mg (2.31%)