



Skillet Corn Bread

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



239 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.3 cups milk
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 tablespoon vegetable oil

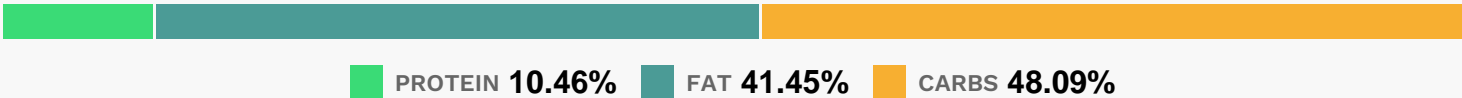
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place 9-inch cast-iron skillet in oven to warm it.
- ☐ Mix milk and cornmeal together in small bowl and let soak for 10 minutes.
- ☐ Sift flour, baking powder, and salt together in a mixing bowl. Beat cornmeal mixture, eggs, and butter into the flour mixture until you have a smooth batter, about 1 minute.
- ☐ Remove skillet from oven. Swish vegetable oil in the skillet to coat; pour off excess.
- ☐ Pour batter into the skillet.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 18 to 23 minutes.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:7.9756521867669%

Nutrients (% of daily need)

Calories: 238.75kcal (11.94%), Fat: 11.04g (16.99%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 26.54g (9.65%), Sugar: 2.23g (2.48%), Cholesterol: 60.75mg (20.25%), Sodium: 462.01mg (20.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Calcium: 175.95mg (17.59%), Phosphorus: 167.4mg (16.74%), Selenium: 10.67µg (15.24%), Vitamin B1: 0.21mg (13.89%), Manganese: 0.24mg

(11.98%), Vitamin B2: 0.2mg (11.82%), Folate: 40.73µg (10.18%), Iron: 1.74mg (9.64%), Fiber: 2.29g (9.18%), Vitamin B6: 0.17mg (8.32%), Magnesium: 31.29mg (7.82%), Vitamin B3: 1.46mg (7.32%), Zinc: 1.03mg (6.87%), Vitamin A: 298.44IU (5.97%), Vitamin B12: 0.32µg (5.26%), Vitamin B5: 0.51mg (5.05%), Vitamin D: 0.75µg (4.97%), Potassium: 155.23mg (4.44%), Copper: 0.08mg (4.02%), Vitamin K: 3.86µg (3.67%), Vitamin E: 0.52mg (3.47%)