

# Skillet Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



209 kcal

BREAD

## Ingredients

- 1 tablespoon double-acting baking powder
- 3 large eggs at room temperature
- 1 cup flour all-purpose
- 2 tablespoons granulated sugar
- 1.5 cups cornmeal yellow fine
- 2 teaspoons kosher salt
- 6 tablespoons butter unsalted ()
- 1.5 cups milk whole at room temperature

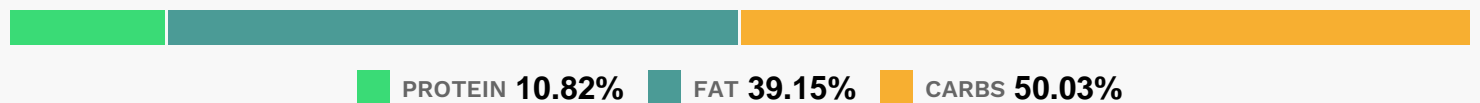
## Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks

## Directions

- Heat oven to 425°F and arrange a rack in the middle. Once oven is hot, place butter in a large cast iron skillet and place in the oven until heated through and butter is melted, about 5 minutes. Meanwhile, combine cornmeal, flour, baking powder, sugar, and salt in a medium bowl and whisk until evenly combined; set aside.
- Remove skillet from oven, pour butter into a large bowl and return skillet to oven.
- Add milk and eggs to butter and whisk until smooth.
- Add cornmeal mixture to milk mixture and stir until moistened through, about 20 to 30 strokes (it should resemble pancake batter). Immediately pour batter into skillet and smooth out.
- Bake until a toothpick inserted into the center of the bread comes out clean, about 20 minutes. Slice and serve.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:16.59, Inflammation Score:-3, Nutrition Score:6.6013043730155%

## Nutrients (% of daily need)

Calories: 208.83kcal (10.44%), Fat: 9.12g (14.03%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.07g (8.75%), Sugar: 3.85g (4.28%), Cholesterol: 65.21mg (21.74%), Sodium: 524.71mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Phosphorus: 135.11mg (13.51%), Selenium: 9.23µg (13.18%), Vitamin B1: 0.16mg (10.92%), Calcium: 107.97mg (10.8%), Manganese: 0.2mg (10.23%), Vitamin B2: 0.17mg (10.11%), Fiber: 2.15g (8.61%), Vitamin B6: 0.16mg (8.1%), Folate: 31.91µg (7.98%), Iron: 1.41mg

(7.85%), Magnesium: 29.14mg (7.28%), Zinc: 0.98mg (6.55%), Vitamin A: 291.84IU (5.84%), Vitamin B3: 1.15mg (5.75%), Vitamin B12: 0.29µg (4.8%), Vitamin B5: 0.48mg (4.77%), Vitamin D: 0.69µg (4.6%), Potassium: 140.14mg (4%), Copper: 0.07mg (3.7%), Vitamin E: 0.39mg (2.59%)