



Skillet Cornbread

READY IN



40 min.

SERVINGS



12

CALORIES



132 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1 eggs whole
- ☐ 1 cup cornmeal yellow

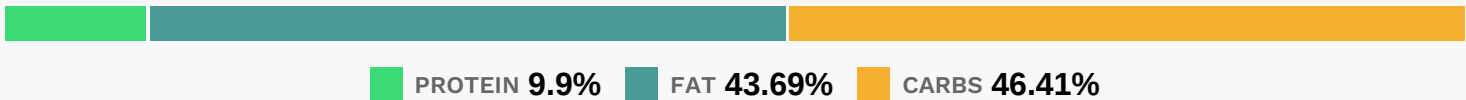
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Combine the cornmeal, flour, baking powder and salt in a bowl. Stir together.
- ☐ Measure the buttermilk and milk into a measuring cup and add the egg. Stir together with a fork.
- ☐ Add the baking soda and stir.
- ☐ Pour the milk mixture into the dry ingredients. Stir with a fork until combined.
- ☐ In a small bowl, melt 1/4 cup shortening in the microwave. Slowly add the melted shortening to the batter, stirring until just combined.
- ☐ In a cast-iron skillet, melt the remaining 2 tablespoons shortening over medium heat.
- ☐ Pour the batter into the hot skillet. (The batter should sizzle.)
- ☐ Spread to even out the surface. Cook on the stovetop for 1 minute, and then transfer to the oven and bake until golden brown, 20 to 25 minutes. The edges should be crispy!

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:4.1817391592523%

Nutrients (% of daily need)

Calories: 131.87kcal (6.59%), Fat: 6.44g (9.9%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14g (5.09%), Sugar: 1.7g (1.89%), Cholesterol: 17.06mg (5.69%), Sodium: 376.27mg (16.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Calcium: 98.06mg (9.81%), Phosphorus: 91.88mg (9.19%), Selenium: 4.62µg (6.6%), Vitamin B1: 0.1mg (6.54%), Manganese: 0.12mg (6.16%), Vitamin B2: 0.1mg (6.07%), Fiber: 1.39g (5.55%), Vitamin B6: 0.1mg (5.01%), Magnesium: 19.26mg (4.81%), Iron: 0.82mg (4.57%), Folate: 16.76µg (4.19%), Zinc: 0.61mg (4.09%), Vitamin B3: 0.67mg (3.33%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.45µg (2.97%), Potassium: 95.79mg (2.74%), Vitamin E: 0.37mg (2.48%), Copper: 0.05mg (2.38%), Vitamin K: 2.42µg (2.3%), Vitamin A: 69.27IU (1.39%)