



Skillet Cornbread With Strawberry Jam

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



313 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1.3 cups coarsely ground cornmeal
- ☐ 0.5 juice of orange
- ☐ 1 optional: lemon

- ☐ 1 pinch salt
- ☐ 1 teaspoon salt
- ☐ 1 pound strawberries hulled halved
- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 0.5 cup sugar
- ☐ 1 stick butter unsalted melted
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup milk whole

Equipment

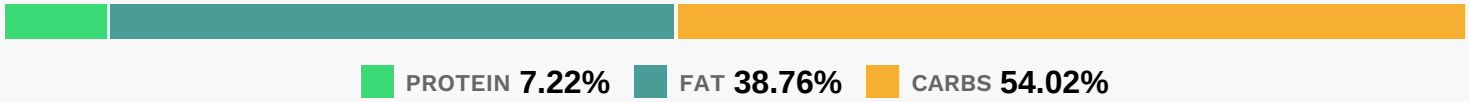
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ peeler

Directions

- ☐ Place a 9-inch cast-iron skillet in the oven and preheat to 400 degrees F.
- ☐ Whisk the cornmeal, flour, sugar, salt, baking powder and baking soda in a large bowl.
- ☐ Whisk in the milk, buttermilk, eggs and almost all of the melted butter, reserving about 1 tablespoon for brushing the skillet.
- ☐ Carefully remove the hot skillet from the oven and brush the bottom and sides with the reserved melted butter.
- ☐ Pour the batter into the skillet, return to the oven and bake until a toothpick inserted into the center of the cornbread comes out clean, 20 to 25 minutes.
- ☐ Let cool 10 to 15 minutes, then sprinkle lightly with sugar for texture.
- ☐ Cut the strawberries width-wise into 1/4-inch-thick slices (the slices should be thin enough to bend slightly). Using a vegetable peeler, remove the zest from 1/3 of the lemon with a light touch, leaving the pith behind; transfer to a large bowl. Squeeze the lemon juice into the bowl.

- ☐
- Add the orange juice, salt, sugar and strawberries and toss. Cover and refrigerate until the cornbread is out of the oven.
- ☐
- Melt the butter in a large skillet over medium-high heat.
- ☐
- Add the strawberry mixture and cook, stirring, until the juices reduce and thicken slightly, about 10 minutes. Slice the cornbread and serve with the strawberry jam.
- ☐
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:56.22, Glycemic Load:26.37, Inflammation Score:-5, Nutrition Score:9.7899999825851%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 312.73kcal (15.64%), Fat: 13.79g (21.21%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 39.9g (14.51%), Sugar: 19.65g (21.84%), Cholesterol: 68.12mg (22.71%), Sodium: 421.66mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin C: 33.9mg (41.09%), Manganese: 0.38mg (18.8%), Phosphorus: 136.96mg (13.7%), Fiber: 3.34g (13.35%), Selenium: 8.93µg (12.76%), Vitamin B1: 0.17mg (11.44%), Folate: 43.17µg (10.79%), Vitamin B2: 0.18mg (10.78%), Calcium: 106.55mg (10.66%), Vitamin B6: 0.18mg (9.18%), Magnesium: 35.47mg (8.87%), Vitamin A: 437.97IU (8.76%), Iron: 1.57mg (8.71%), Zinc: 1.02mg (6.8%), Potassium: 226.29mg (6.47%), Vitamin B3: 1.29mg (6.43%), Vitamin B5: 0.53mg (5.31%), Vitamin D:

0.79µg (5.28%), Copper: 0.11mg (5.27%), Vitamin B12: 0.26µg (4.42%), Vitamin E: 0.65mg (4.32%), Vitamin K:
2.08µg (1.98%)