



Skillet-Sizzled Buttermilk Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 1.3 cups buttermilk whole
- ☐ 1 cup grain cornmeal whole yellow
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 cup unbleached flour all-purpose

☐ 0.3 cup vegetable oil

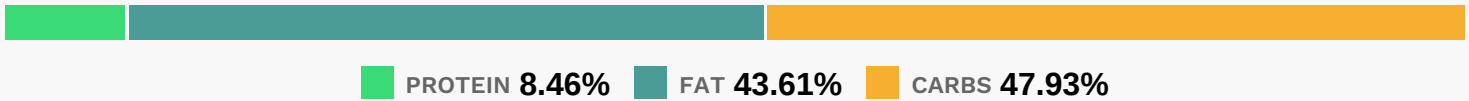
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir soda into buttermilk.
- ☐ Combine buttermilk mixture, egg, sugar, and oil; add to dry ingredients, stirring just until moistened.
- ☐ Place butter in a 9" or 10" cast-iron skillet coated with cooking spray.
- ☐ Place over medium-high heat until butter melts.
- ☐ Pour batter into prepared skillet.
- ☐ Bake at 375 for 25 to 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:20.31, Inflammation Score:-3, Nutrition Score:7.7043478281602%

Nutrients (% of daily need)

Calories: 263.05kcal (13.15%), Fat: 12.82g (19.72%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 29.4g (10.69%), Sugar: 5.2g (5.78%), Cholesterol: 34.9mg (11.63%), Sodium: 410.43mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Selenium: 9.85µg (14.07%), Phosphorus: 139.55mg (13.95%), Calcium: 139.26mg (13.93%), Vitamin B1: 0.2mg (13.51%), Vitamin K: 12.99µg (12.37%), Manganese: 0.24mg (11.89%), Vitamin B2: 0.19mg (11.21%), Folate: 40.27µg (10.07%), Fiber: 2.29g (9.17%), Iron: 1.61mg (8.94%), Magnesium: 29.68mg (7.42%), Vitamin B6: 0.15mg (7.42%), Vitamin B3: 1.45mg (7.27%), Zinc: 0.95mg (6.35%), Vitamin E: 0.81mg (5.42%), Vitamin B5: 0.43mg (4.29%), Copper: 0.08mg (4.25%), Vitamin D: 0.61µg (4.08%), Potassium: 141.2mg (4.03%), Vitamin B12: 0.23µg (3.9%), Vitamin A: 183.09IU (3.66%)