



Southern Corn Bread with Molasses-Bourbon Butter

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon bourbon
- ☐ 5 tablespoons butter divided softened
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups buttermilk fat-free
- ☐ 3 ounces flour all-purpose

- ☐ 0.3 teaspoon lemon rind grated
- ☐ 2 teaspoons blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ toothpicks
- ☐ measuring cup

Directions

- ☐ Preheat oven to 425
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, baking soda, and salt in a large bowl.
- ☐ Add buttermilk and egg; stir just until combined.
- ☐ Place an 8-inch cast-iron skillet in the oven for 5 minutes, and remove from oven.
- ☐ Add 2 1/2 tablespoons butter to pan; swirl to melt and lightly grease pan. Stir melted butter into batter.
- ☐ Add batter to preheated pan.
- ☐ Bake at 425 for 20 minutes or until lightly browned and a toothpick inserted in center comes out clean. Cool 5 minutes in pan. Slice into 8 wedges.
- ☐ Combine remaining 2 1/2 tablespoons butter, molasses, bourbon, and rind in a small bowl; beat with a mixer at medium speed until combined (about 1 minute).
- ☐ Serve butter with warm corn bread.

Nutrition Facts



 PROTEIN **10.62%**  FAT **35.86%**  CARBS **53.52%**

Properties

Glycemic Index:43.06, Glycemic Load:18.16, Inflammation Score:-3, Nutrition Score:6.0886956764304%

Nutrients (% of daily need)

Calories: 235.21kcal (11.76%), Fat: 9.35g (14.39%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 28.62g (10.41%), Sugar: 4g (4.44%), Cholesterol: 42.95mg (14.32%), Sodium: 328.45mg (14.28%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Protein: 6.23g (12.47%), Manganese: 0.27mg (13.56%), Fiber: 2.79g (11.14%), Vitamin B1: 0.17mg (11.11%), Selenium: 7.51µg (10.73%), Phosphorus: 102.58mg (10.26%), Vitamin B6: 0.18mg (9.19%), Magnesium: 36.07mg (9.02%), Iron: 1.56mg (8.68%), Folate: 31.67µg (7.92%), Zinc: 0.99mg (6.6%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.11mg (6.4%), Calcium: 62.34mg (6.23%), Vitamin A: 252.44IU (5.05%), Copper: 0.09mg (4.64%), Potassium: 133.25mg (3.81%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.07µg (1.18%)