



Southern Corn Pone Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 0.3 cup canola oil
- ☐ 2 eggs
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups cornmeal white

Equipment

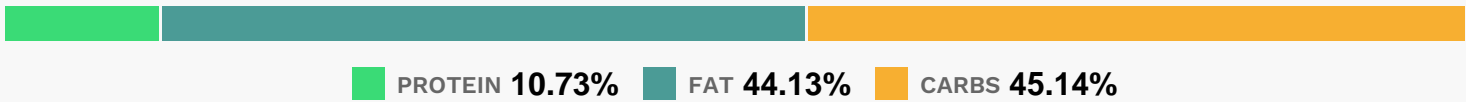
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place a 9 inch cast iron skillet on the center rack.
- ☐ When the skillet is hot, carefully remove the skillet from the oven.
- ☐ Pour the canola oil into the skillet and gently swirl the pan to coat the bottom and the sides. Return the pan to the oven for ten minutes.
- ☐ While the oil is heating, mix together the cornmeal and salt in a medium bowl.
- ☐ Add the eggs and buttermilk and mix together to make a thin batter.
- ☐ Carefully pull out the rack with the cast iron skillet and pour the batter into the preheated skillet.
- ☐ Bake the corn pone until a toothpick inserted into the center comes out clean, 20 to 25 minutes. If desired, turn the oven to broil for the last few minutes of baking to brown the top.
- ☐ Remove the skillet from the oven and shake the pan to loosen the corn pone from the skillet.
- ☐ Serve the corn pone warm from the skillet or turn out onto a plate.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:5.5265217760335%

Nutrients (% of daily need)

Calories: 176.85kcal (8.84%), Fat: 8.7g (13.38%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 17.54g (6.38%), Sugar: 1.94g (2.16%), Cholesterol: 36.26mg (12.09%), Sodium: 395.87mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Phosphorus: 111.4mg (11.14%), Fiber: 2.48g (9.92%), Magnesium: 34.08mg (8.52%), Vitamin B5: 0.85mg (8.5%), Vitamin B6: 0.17mg (8.28%), Manganese: 0.16mg (7.94%), Vitamin E: 1.18mg (7.89%), Vitamin B2: 0.13mg (7.53%), Zinc: 1.01mg (6.73%), Vitamin B1: 0.09mg (6.17%), Iron: 1.07mg (5.95%), Selenium: 3.89µg (5.55%), Potassium: 161.07mg (4.6%), Calcium: 44.57mg (4.46%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.59µg (3.95%), Vitamin B12: 0.23µg (3.76%), Vitamin B3: 0.7mg (3.52%), Folate: 13.37µg (3.34%), Copper: 0.07mg (3.34%), Vitamin A: 100.32IU (2.01%)