



## Southern Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

BREAD

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk (shake before measuring)
- 2 large eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon kosher salt
- 5 tablespoons butter unsalted plus more for the pan
- 0.8 cup cornmeal yellow

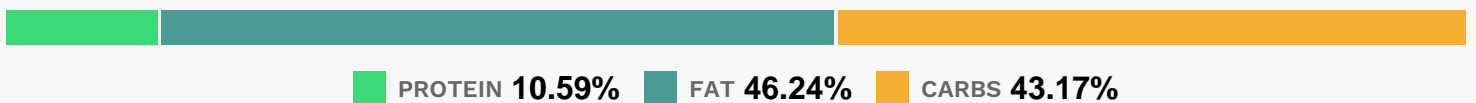
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- toothpicks
- stove
- microwave

## Directions

- Preheat the oven to 425 degrees F and position a rack in the middle. Butter an 8-inch-square baking pan.
- Melt the butter in the microwave in a microwave-safe dish in three 15-second intervals on high or in a small pan on the stove. Set it aside to cool.
- In a bowl, whisk together the flour, cornmeal, baking powder, baking soda and salt.
- In a large bowl, whisk together the buttermilk and the eggs.
- Add the melted butter.
- Add the flour-cornmeal mixture and stir just until combined.
- Pour the batter into the pan.
- Bake until the cornbread just begins to brown and a toothpick inserted in the center comes out clean, 18 to 23 minutes. Cool for about 10 minutes before serving.
- Photographs by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:44.42, Glycemic Load:18.13, Inflammation Score:-4, Nutrition Score:8.2373913474705%

## Nutrients (% of daily need)

Calories: 266.01kcal (13.3%), Fat: 13.69g (21.07%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 26.48g (9.63%), Sugar: 2.37g (2.64%), Cholesterol: 91.48mg (30.49%), Sodium: 459.05mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Selenium: 13.21µg (18.87%), Phosphorus: 153.3mg (15.33%), Vitamin B2: 0.24mg (14.39%), Vitamin B1: 0.21mg (13.89%), Manganese: 0.24mg (12.07%), Calcium: 120.55mg (12.05%), Folate: 45.53µg (11.38%), Iron: 1.74mg (9.65%), Fiber: 2.29g (9.17%), Vitamin A: 447.55IU (8.95%), Vitamin B6: 0.17mg (8.36%), Magnesium: 31.21mg (7.8%), Zinc: 1.1mg (7.36%), Vitamin B3: 1.47mg (7.33%), Vitamin D: 1.03µg (6.86%), Vitamin B5: 0.61mg (6.07%), Vitamin B12: 0.35µg (5.87%), Copper: 0.09mg (4.74%), Potassium: 160.76mg (4.59%), Vitamin E: 0.56mg (3.71%), Vitamin K: 1.07µg (1.02%)