



WHATSheATE



Southern Cornbread



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



282 kcal

Ingredients

- ☐ 1 Tbsp add carrot and onion to bacon fat . cook
- ☐ 2 teaspoons baking soda
- ☐ 1.3 cups buttermilk
- ☐ 2 cups cornmeal
- ☐ 1 eggs
- ☐ 1 teaspoon salt
- ☐ 1 Tbsp sugar
- ☐ 6 Tbsp butter unsalted melted

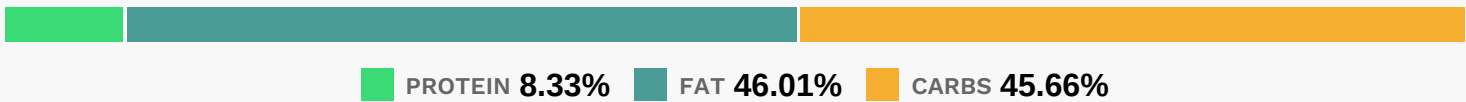
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ cake form
- ☐ dutch oven
- ☐ pot holder

Directions

- ☐ Put the bacon fat in a 9 or 10-inch cast iron skillet and put the skillet into the oven. Then preheat the oven to 400° with the skillet inside. (If you don't have an iron skillet, you can use an uncovered Dutch oven or a metal cake pan.)²
- ☐ Whisk together all the dry ingredients in a large bowl. In another bowl, beat the egg and buttermilk until combined, then mix that into the bowl of dry ingredients. Stir in the melted butter.³ When the oven is hot, take out the skillet (carefully, as the handle will be hot!).
- ☐ Add the cornbread batter and make sure it is evenly distributed in the skillet.
- ☐ Bake for about 20 minutes, or until the edges are beginning to brown and a toothpick inserted in the center of the bread comes out clean.⁴
- ☐ Let the bread rest for 10–30 minutes in the skillet before cutting it into wedges and serving. To avoid burning your hand because you've forgotten the pan is hot, I recommend placing a pot holder on the pan's handle while the cornbread is resting, or cooling the handle down a bit with an ice cube.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:18.9, Inflammation Score:-4, Nutrition Score:6.9200000011403%

Nutrients (% of daily need)

Calories: 281.59kcal (14.08%), Fat: 14.49g (22.29%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 28.61g (10.4%), Sugar: 3.97g (4.42%), Cholesterol: 49.15mg (16.38%), Sodium: 616.87mg (26.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Fiber: 3.74g (14.95%), Phosphorus: 134.76mg (13.48%), Manganese: 0.26mg (12.95%), Vitamin B6: 0.26mg (12.88%), Magnesium: 47.16mg (11.79%), Zinc: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.31%), Selenium: 5.58µg (7.97%), Vitamin B2: 0.13mg (7.68%), Iron: 1.3mg (7.23%), Vitamin A: 357.72IU (7.15%), Copper: 0.11mg (5.58%), Potassium: 188.86mg (5.4%), Vitamin D: 0.8µg (5.34%), Calcium: 51.34mg (5.13%), Vitamin B3: 1.02mg (5.12%), Vitamin B5: 0.47mg (4.75%), Folate: 18.29µg (4.57%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.49mg (3.26%)