



Spicy Skillet Cornbread

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



324 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 teaspoon granulated sugar
- 1 cup cornmeal yellow stone-ground
- 2 cups hominy drained
- 1 small jalapeno seeds removed and minced

- 2 teaspoons kosher salt
- 6 tablespoons butter unsalted ()
- 2 cups milk whole

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Heat a cast iron skillet over medium-low heat and melt butter until foaming; remove the skillet from heat and reserve butter.
- Combine eggs, milk, salt, sugar, baking powder, and baking soda in a large bowl and mix until smooth.
- Add hominy, jalapeño, flour, 1 cup of the cornmeal, and all but 1 tablespoon of the melted butter and stir until the mixture becomes liquid (it should resemble pancake batter).
- Sprinkle remaining 2 tablespoons cornmeal over the bottom of the still-warm skillet, pour in the batter, and bake until a toothpick inserted into the center of the bread comes out clean, about 25 to 35 minutes.

Nutrition Facts



PROTEIN 10.69% **FAT 37.25%** **CARBS 52.06%**

Properties

Glycemic Index:46.95, Glycemic Load:23.42, Inflammation Score:-5, Nutrition Score:10.689130394355%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 324.32kcal (16.22%), Fat: 13.43g (20.66%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 38.64g (14.05%), Sugar: 4.68g (5.2%), Cholesterol: 76.39mg (25.46%), Sodium: 1062.89mg (46.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Selenium: 15.49µg (22.13%), Phosphorus: 206.67mg (20.67%), Vitamin B1: 0.29mg (19.02%), Calcium: 182.1mg (18.21%), Vitamin B2: 0.28mg (16.64%), Manganese: 0.33mg (16.29%), Fiber: 3.58g (14.34%), Folate: 56.72µg (14.18%), Iron: 2.33mg (12.96%), Zinc: 1.64mg (10.92%), Magnesium: 42.74mg (10.68%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.2mg (9.79%), Vitamin A: 447.99IU (8.96%), Vitamin B12: 0.46µg (7.64%), Vitamin B5: 0.72mg (7.21%), Vitamin D: 1.08µg (7.19%), Potassium: 208.83mg (5.97%), Copper: 0.11mg (5.35%), Vitamin E: 0.58mg (3.84%), Vitamin C: 2.08mg (2.52%), Vitamin K: 1.47µg (1.4%)