



Super Skillet Corn Bread

READY IN



45 min.

SERVINGS



10

CALORIES



296 kcal

BREAD

Ingredients

- ☐ 4 ounces andouille sausage chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup cheddar grated
- ☐ 3 tablespoons chives chopped
- ☐ 1 cup corn kernels
- ☐ 0.8 cup cornmeal
- ☐ 2 large eggs

- ☐ 1.3 cups flour all-purpose
- ☐ 1 jalapeño chili minced seeded
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 5 tablespoons butter unsalted cooled melted

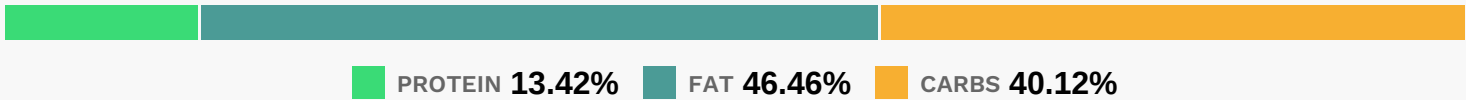
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425F. In a bowl, mix dry ingredients. In another bowl, whisk buttermilk and eggs. Stir cheese, sausage, jalapeo, chives and corn into buttermilk mixture.
- ☐ Swirl 1 Tbsp. butter in a 10-inch cast-iron skillet; place over medium heat.
- ☐ Whisk remaining butter into buttermilk mixture.
- ☐ Place skillet in oven until butter browns slightly, 3 minutes. Stir buttermilk mixture into flour mixture.
- ☐ Pour batter into pan; bake until a toothpick inserted in center comes out clean, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:44.06, Glycemic Load:17.97, Inflammation Score:-4, Nutrition Score:9.046956518422%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 296.33kcal (14.82%), Fat: 15.43g (23.74%), Saturated Fat: 7.73g (48.29%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 28.04g (10.2%), Sugar: 7.39g (8.22%), Cholesterol: 75.94mg (25.31%), Sodium: 612.97mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.05%), Selenium: 15.73µg (22.47%), Phosphorus: 180.19mg (18.02%), Calcium: 167.54mg (16.75%), Vitamin B2: 0.26mg (15.59%), Vitamin B1: 0.21mg (14.25%), Folate: 48.64µg (12.16%), Vitamin B3: 2.14mg (10.68%), Manganese: 0.21mg (10.65%), Zinc: 1.46mg (9.72%), Vitamin A: 448.05IU (8.96%), Iron: 1.57mg (8.75%), Fiber: 1.93g (7.74%), Vitamin B12: 0.44µg (7.37%), Vitamin B6: 0.15mg (7.31%), Magnesium: 27.74mg (6.94%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.84µg (5.62%), Potassium: 178.57mg (5.1%), Copper: 0.09mg (4.28%), Vitamin E: 0.59mg (3.94%), Vitamin C: 2.45mg (2.96%), Vitamin K: 3.11µg (2.96%)