



## Sweet Skillet Cornbread

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



387 kcal

BREAD

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.1 teaspoon baking soda
- 2 large eggs
- 1.3 cups flour all-purpose
- 2 tablespoons honey
- 2 teaspoons kosher salt
- 0.8 cup cup heavy whipping cream sour
- 3 tablespoons sugar

- 1 stick butter unsalted
- 0.8 cup milk whole
- 1.3 cups cornmeal yellow

## Equipment

- bowl
- frying pan
- oven
- whisk
- wooden spoon

## Directions

- Preheat the oven to 400 degrees F.
- Whisk the cornmeal, flour, sugar, baking powder, baking soda and salt in a medium bowl.
- Cook 6 tablespoons butter in an 8-inch cast-iron skillet over medium heat until browned, about 5 minutes; remove from the heat.
- Whisk the eggs and honey in a bowl, then whisk in the milk, sour cream and browned butter.
- Add to the flour mixture and stir with a wooden spoon until just combined.
- Heat the remaining 2 tablespoons butter in the skillet over medium heat until it foams.
- Remove from the heat and add the batter.
- Transfer to the oven; bake until the cornbread springs back when pressed, 20 to 30 minutes.
- Let cool 15 minutes in the skillet before slicing.
- Photograph by Con Poulos

## Nutrition Facts



**PROTEIN 7.93%** **FAT 44.52%** **CARBS 47.55%**

## Properties

Glycemic Index:49.48, Glycemic Load:29.08, Inflammation Score:-5, Nutrition Score:9.6030435367771%

## Nutrients (% of daily need)

Calories: 386.98kcal (19.35%), Fat: 19.34g (29.75%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.4g (15.78%), Sugar: 11.16g (12.4%), Cholesterol: 92.34mg (30.78%), Sodium: 740.88mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Selenium: 13.94µg (19.91%), Vitamin B1: 0.27mg (17.72%), Phosphorus: 171.88mg (17.19%), Manganese: 0.33mg (16.26%), Vitamin B2: 0.26mg (15.3%), Folate: 54.83µg (13.71%), Calcium: 124.5mg (12.45%), Fiber: 3.07g (12.26%), Iron: 2.14mg (11.86%), Vitamin A: 591.88IU (11.84%), Vitamin B6: 0.21mg (10.56%), Magnesium: 40.01mg (10%), Vitamin B3: 1.95mg (9.75%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.62mg (6.17%), Copper: 0.11mg (5.61%), Potassium: 192.67mg (5.5%), Vitamin B12: 0.3µg (5.07%), Vitamin D: 0.71µg (4.76%), Vitamin E: 0.66mg (4.42%), Vitamin K: 1.53µg (1.46%)