

Cast Iron Cornbread



Servings: 12

*1 cup cornmeal
1 1/4 cups all-purpose flour
2 1/2 teaspoons baking powder
2 large eggs
1/2 cup melted butter, plus 1/4 cup
3/4 cup buttermilk
4 teaspoons honey*

Preheat oven to 375°F. Place your cast iron skillet in the oven to preheat.

In a bowl whisk together cornmeal, all-purpose flour, and baking powder.

In a separate bowl whisk together eggs, melted butter, buttermilk, and honey.

Combine the dry and wet ingredients. Whisk until combined.

Melt 1/4 cup of unsalted butter in your skillet.

Pour the cornbread batter into the skillet and bake uncovered for 20-22 minutes.

Serve

Per Serving (excluding unknown items): 192 Calories; 9g Fat (43.5% calories from fat); 4g Protein; 23g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 165mg Sodium; 3g Total Sugars; trace Vitamin D; 98mg Calcium; 1mg Iron; 68mg Potassium; 154mg Phosphorus. Exchanges: .