

Old Fashioned Southern Cornbread

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-southern-cornbread-recipe-buttermilk>

Ingredients:

- 4 tablespoons vegetable oil or bacon grease divided, I usually use peanut oil
- 2 cups cornmeal coarse stone-ground
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 2 large eggs
- 1 1/2 cups buttermilk

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 55 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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