

Cast Iron Southern Cornbread

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-cornbread-recipe-cast-iron>

Ingredients:

- 1 cup cornmeal
- 1 cup flour
- 1/2 cup whole milk
- 1 cup buttermilk
- 3 tablespoons jalapenos roasted, finely diced
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup sugar
- 1/2 cup aged cheddar grated
- 1 large egg
- 1/4 cup butter melted plus 2 Tbsp for the skillet

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 620 milligrams
9. Sugar: 9 grams

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