

Southern Cast Iron Skillet Cornbread

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 tablespoons unsalted butter 1/4 cup
- 1 3/4 cups cornbread mix buttermilk
- 1/4 cup corn meal
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 1/2 cups buttermilk
- 1 large egg

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 90 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 5 grams

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