

Southern Cornbread

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-cornbread-recipe-with-regular-milk>

Ingredients:

- 2 cups self-rising cornmeal mix, not just plain cornmeal
- 2 eggs or 1 extra large egg
- 2 tablespoons vegetable oil
- 1/4 cup vegetable oil for the skillet, if using cast iron
- 1 3/4 cups buttermilk or regular milk

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 115 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 1060 milligrams
9. Sugar: 6 grams
10. TransFat: 0.5 grams

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