

Buttermilk Corncakes

Nancy Vienneau and Third Thursday Potluck - Nashville, TN
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Yield: 12 corncakes

2 cups stone-ground cornmeal
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon black pepper
1 1/2 cups buttermilk
2 eggs, lightly beaten
4 tablespoons butter, melted
2 tablespoons vegetable oil

In a bowl, blend together the cornmeal, baking powder, baking soda, salt and black pepper.

In a separate bowl, whisk together the buttermilk, eggs and butter. Pour into the cornmeal mixture and stir just until combined. The batter will be thick. (If too thick, thin with a little more buttermilk.)

Heat the oil in a nonstick skillet over medium-high heat.

For each corncake, spoon 1/4 cup of batter onto the hot skillet. Cook for 3 minutes per side.

Per Serving (excluding unknown items): 953 Calories; 86g Fat (80.6% calories from fat); 25g Protein; 21g Carbohydrate; 1g Dietary Fiber; 561mg Cholesterol; 4487mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 16 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	953
% Calories from Fat:	80.6%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	10.5%
Total Fat (g):	86g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	34g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	561mg
Carbohydrate (g):	21g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	68mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 25g
Sodium (mg): 4487mg
Potassium (mg): 733mg
Calcium (mg): 922mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 2347IU
Vitamin A (r.e.): 599RE

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 953 Calories from Fat: 768

% Daily Values*

Total Fat	86g		133%
Saturated Fat	37g		185%
Cholesterol	561mg		187%
Sodium	4487mg		187%
Total Carbohydrates	21g		7%
Dietary Fiber	1g		2%
Protein	25g		
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Vitamin A			47%
Vitamin C			7%
Calcium			92%
Iron			19%

** Percent Daily Values are based on a 2000 calorie diet.*