



Almond-Cranberry Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

BREAD

Ingredients

- 0.7 cup almond flour
- 1.5 tablespoons almonds sliced
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 tablespoons canola oil
- 0.5 cup cranberries dried
- 2 large egg whites
- 0.8 cup nonfat buttermilk fat-free

- 0.7 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.7 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- sieve
- measuring cup

Directions

- Preheat oven to 400.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (through salt) in a large bowl.
- Heat oil in a small skillet over high heat.
- Add almonds to pan; cook 2 minutes or until lightly toasted, stirring frequently. Strain oil through a fine sieve into flour mixture. Set aside 1 tablespoon almonds.
- Add remaining 1 1/2 teaspoons almonds to flour mixture.
- Combine buttermilk, dried cranberries, and egg whites, and add to flour mixture, stirring until well blended.
- Spoon batter into an 8-inch cast-iron skillet coated with cooking spray.
- Sprinkle reserved 1 tablespoon toasted almonds over top of batter.
- Bake bread at 400 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.

Nutrition Facts



■ PROTEIN 10.3% ■ FAT 32.73% ■ CARBS 56.97%

Properties

Glycemic Index:26.3, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:3.246086957662%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 162.66kcal (8.13%), Fat: 6.12g (9.42%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.88g (7.95%), Sugar: 10.42g (11.58%), Cholesterol: 0.3mg (0.1%), Sodium: 201.37mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.67%), Fiber: 2.1g (8.41%), Manganese: 0.15mg (7.35%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.63%), Iron: 0.93mg (5.18%), Vitamin E: 0.77mg (5.13%), Vitamin B2: 0.08mg (4.91%), Phosphorus: 41.92mg (4.19%), Folate: 16.48µg (4.12%), Calcium: 40.46mg (4.05%), Magnesium: 15.25mg (3.81%), Vitamin B3: 0.71mg (3.53%), Vitamin B6: 0.06mg (2.95%), Zinc: 0.37mg (2.46%), Copper: 0.05mg (2.46%), Potassium: 56.67mg (1.62%), Vitamin K: 1.67µg (1.59%), Vitamin B5: 0.11mg (1.1%)