



Amaranth Maple Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



240 kcal

BREAD

Ingredients

- ☐ 1 cup whole-grain amaranth uncooked
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup buttermilk low-fat
- ☐ 0.7 cup maple syrup
- ☐ 2 tablespoons pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups cornmeal yellow

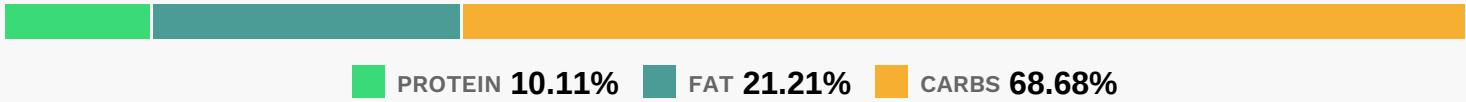
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Coat a 9-inch cast-iron skillet with cooking spray and 1 teaspoon oil.
- ☐ Place in a 400 oven for 7 minutes.
- ☐ Combine cornmeal and next 5 ingredients (cornmeal through salt) in a large bowl.
- ☐ Combine buttermilk, syrup, 2 tablespoons oil, and eggs in a small bowl; stir well with a wire whisk.
- ☐ Add to cornmeal mixture, stirring until dry ingredients are moistened.
- ☐ Pour batter into the preheated skillet; sprinkle the pecans over batter.
- ☐ Bake at 400 for 25 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:21.08, Inflammation Score:-4, Nutrition Score:9.8378261664639%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 240.37kcal (12.02%), Fat: 5.7g (8.76%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 38.37g (13.95%), Sugar: 9.37g (10.41%), Cholesterol: 21.06mg (7.02%), Sodium: 219.1mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.22%), Manganese: 0.98mg (48.82%), Vitamin B2: 0.32mg (18.87%), Phosphorus: 168.7mg (16.87%), Magnesium: 60.6mg (15.15%), Selenium: 9.46µg (13.51%), Iron: 2.29mg (12.72%), Vitamin B1: 0.19mg (12.67%), Fiber: 3.1g (12.46%), Vitamin B6: 0.21mg (10.54%), Folate: 41.7µg (10.43%), Calcium: 102.22mg (10.22%), Zinc: 1.33mg (8.86%), Copper: 0.15mg (7.45%), Vitamin B3: 1.33mg (6.66%), Potassium: 203.53mg (5.82%), Vitamin B5: 0.48mg (4.82%), Vitamin K: 3.79µg (3.61%), Vitamin E: 0.47mg (3.13%), Vitamin B12: 0.08µg (1.37%)