

## Blueberry Anadama Bread

 Dairy Free

READY IN



180 min.

SERVINGS



2

CALORIES



1059 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 2 cups blueberries frozen dry
- 0.3 cup cornmeal
- 1 eggs beaten
- 3 cups flour all-purpose
- 1 tablespoon butter
- 0.3 cup blackstrap molasses
- 0.3 cup warm water (110 degrees F/45 degrees C)

1 cup water boiling

## Equipment

oven

loaf pan

## Directions

Stir cornmeal into boiling water. Stir in butter, molasses, and egg.

Dissolve yeast in warm water (110 degrees F).

When cornmeal mixture is lukewarm, stir in dissolved yeast. Beat in flour until a stiff dough is formed. Knead dough on a heavily floured board until smooth and elastic.

Let rise in a warm place until doubled in bulk.

Punch down and roll dough into a 10" square.

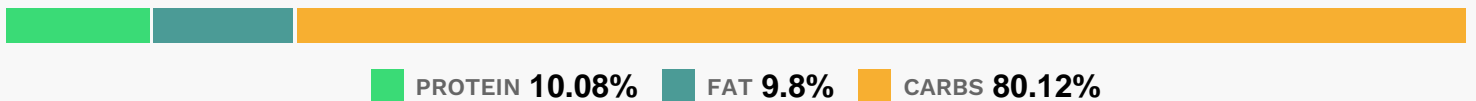
Sprinkle blueberries over dough, pressing them into the dough.

Roll up like a jelly roll. Tuck ends of roll under to seal ends and place seam-side down into a well-greased 9x5x3 inch loaf pan.

Let rise in a warm place until double in bulk.

Bake in a preheated oven at 375 degrees F (190 degrees C) for 45–50 minutes. Turn out and cool on a rack. Cool thoroughly before cutting.

## Nutrition Facts



## Properties

Glycemic Index:113.75, Glycemic Load:133.17, Inflammation Score:-9, Nutrition Score:41.706522019013%

## Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg,

Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 1058.65kcal (52.93%), Fat: 11.53g (17.74%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 212.18g (70.73%), Net Carbohydrates: 200.74g (73%), Sugar: 47.11g (52.34%), Cholesterol: 81.84mg (27.28%), Sodium: 128.06mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Vitamin B1: 2mg (133.52%), Manganese: 2.57mg (128.26%), Selenium: 79.44µg (113.48%), Folate: 452.09µg (113.02%), Vitamin B2: 1.25mg (73.6%), Vitamin B3: 14.01mg (70.07%), Iron: 12.16mg (67.55%), Fiber: 11.44g (45.74%), Magnesium: 179.58mg (44.9%), Phosphorus: 345.78mg (34.58%), Copper: 0.66mg (33.13%), Vitamin B6: 0.65mg (32.51%), Potassium: 1060.75mg (30.31%), Vitamin K: 29.25µg (27.85%), Vitamin B5: 2.28mg (22.83%), Zinc: 2.87mg (19.12%), Vitamin C: 14.38mg (17.43%), Calcium: 144.47mg (14.45%), Vitamin E: 1.48mg (9.85%), Vitamin A: 449.11IU (8.98%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.44µg (2.93%)