

Cinnamon Nut Loaf

READY IN



60 min.

SERVINGS



16

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter divided melted
- 0.5 cup powdered sugar
- 3.5 cups just-add-water cornbread mix (recipe also in Recipe Finder)
- 1 eggs
- 1.5 teaspoons ground cinnamon
- 1 tablespoon milk
- 0.3 cup nuts chopped
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

- 1 cup water (120° to 130°)
- 0.3 ounce yeast

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- loaf pan

Directions

- In a bowl, combine 1 cup bread mix and yeast.
- Add water, egg and 2 tablespoons butter; beat until smooth. Stir in enough remaining bread mix to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 4–6 minutes. Cover and let rest for 10 minutes.
- On a floured surface, roll dough into an 18-in. x 8-in. rectangle.
- Brush with remaining butter.
- Combine sugar, nuts and cinnamon; sprinkle over dough.
- Roll up, jelly-roll style, starting with a short side; seal edges.
- Place seam side down in a greased 9-in. x 5-in. loaf pan.
- Place a heat-proof bowl on work surface; fill half full with boiling water. Cover bowl with a baking sheet.
- Place loaf pan on baking sheet; cover and let rise for 20 minutes.
- Bake at 350° for 30–35 minutes or until golden brown.
- Remove from pan and cool on a wire rack.
- Combine icing ingredients; drizzle over loaf.

Nutrition Facts



■ PROTEIN 6.39% ■ FAT 33.9% ■ CARBS 59.71%

Properties

Glycemic Index:12.05, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:4.6330434419215%

Nutrients (% of daily need)

Calories: 194.49kcal (9.72%), Fat: 7.39g (11.36%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 26.85g (9.76%), Sugar: 13.14g (14.6%), Cholesterol: 16.6mg (5.53%), Sodium: 274.51mg (11.93%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.13g (6.27%), Phosphorus: 170.58mg (17.06%), Vitamin B1: 0.19mg (12.45%), Folate: 41.56µg (10.39%), Fiber: 2.43g (9.7%), Manganese: 0.18mg (8.81%), Vitamin B2: 0.12mg (7.2%), Vitamin B3: 1.32mg (6.61%), Iron: 0.93mg (5.18%), Selenium: 2.7µg (3.85%), Magnesium: 13.47mg (3.37%), Copper: 0.06mg (3.12%), Vitamin B6: 0.06mg (2.92%), Vitamin B5: 0.28mg (2.84%), Calcium: 25.02mg (2.5%), Vitamin A: 118.33IU (2.37%), Zinc: 0.34mg (2.29%), Vitamin K: 1.8µg (1.71%), Potassium: 59.48mg (1.7%), Vitamin B12: 0.06µg (1.03%)