



Corn Bread with Fennel Seeds, Dried Cranberries, and Golden Raisins

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



330 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups buttermilk well-shaken
- ☐ 0.5 cup cranberries dried coarsely chopped
- ☐ 2 large eggs
- ☐ 1.5 tablespoons fennel seeds with a mortar and pestle or pulsed in an electric coffee/spice grinder crushed
- ☐ 1.3 cups flour all-purpose

- ☐ 0.5 cup golden raisins coarsely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 cup butter unsalted cooled melted
- ☐ 0.7 cup cornmeal yellow (not coarse)

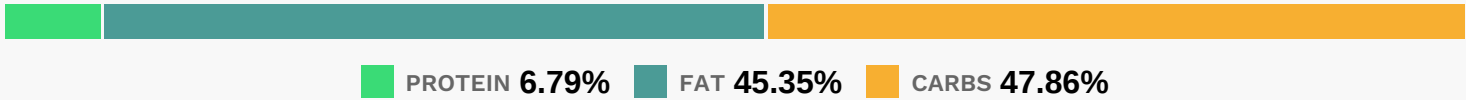
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Preheat oven to 375°F. Butter loaf pans and dust with flour, knocking out excess.
- ☐ Stir together flour, cornmeal, sugar, baking powder and soda, and salt in a large bowl.
- ☐ Whisk together butter, eggs, and buttermilk in another bowl and add to flour mixture, stirring until just combined. Stir in raisins, cranberries, and fennel seeds.
- ☐ Divide batter among pans, smoothing tops, and let stand 10 minutes.
- ☐ Bake in middle of oven until tops are pale golden and a tester comes out clean, 20 to 25 minutes. Cool in pans on racks 10 minutes, then invert onto racks and cool completely.
- ☐ • Corn bread can be baked 3 days ahead and kept, wrapped tightly in plastic wrap, at room temperature. • Corn bread can also be made in 2 (8- by 4- by 3-inch) metal loaf pans and baked about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:22.26, Inflammation Score:-4, Nutrition Score:7.7456521469614%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 329.71kcal (16.49%), Fat: 16.99g (26.14%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 37.93g (13.79%), Sugar: 17.36g (19.29%), Cholesterol: 77.76mg (25.92%), Sodium: 376.75mg (16.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Selenium: 10.99µg (15.7%), Manganese: 0.28mg (14.23%), Vitamin B2: 0.23mg (13.27%), Vitamin B1: 0.19mg (12.63%), Phosphorus: 122.69mg (12.27%), Vitamin A: 540.07IU (10.8%), Calcium: 104.8mg (10.48%), Folate: 41.33µg (10.33%), Fiber: 2.42g (9.67%), Iron: 1.67mg (9.28%), Vitamin B3: 1.46mg (7.32%), Magnesium: 26.56mg (6.64%), Vitamin B6: 0.13mg (6.51%), Vitamin D: 0.92µg (6.16%), Potassium: 191.04mg (5.46%), Copper: 0.11mg (5.45%), Zinc: 0.79mg (5.27%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.47mg (4.68%), Vitamin K: 2.12µg (2.01%)