



Cornbread Ring with Cranberries

READY IN



65 min.

SERVINGS



12

CALORIES



201 kcal

Ingredients

- 6.5 oz just-add-water cornbread mix
- 1.3 cups milk
- 0.5 cup butter melted
- 4 eggs
- 1 cup cranberries dried

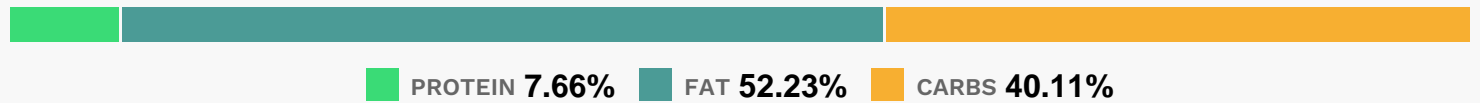
Equipment

- bowl
- oven
- wire rack

Directions

- Heat oven to 375°F. Spray braided ring mold with cooking spray.
- Stir muffin mix, milk, butter and eggs in large bowl until well blended. Stir in cranberries. Spoon into ring mold.
- Bake 20 to 25 minutes or until golden brown.
- Remove from ring mold to wire rack, placing braid side up. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:4.60652172857%

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 Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 200.54kcal (10.03%), Fat: 11.86g (18.25%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.96g (6.89%), Sugar: 11.82g (13.13%), Cholesterol: 58.12mg (19.37%), Sodium: 246.28mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Phosphorus: 134.5mg (13.45%), Vitamin A: 479.1IU (9.58%), Vitamin B2: 0.15mg (8.97%), Selenium: 5.94µg (8.48%), Fiber: 1.53g (6.13%), Vitamin B1: 0.09mg (5.93%), Calcium: 54.06mg (5.41%), Folate: 21.27µg (5.32%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.7mg (4.65%), Vitamin B5: 0.43mg (4.3%), Manganese: 0.08mg (4.02%), Vitamin D: 0.59µg (3.94%), Iron: 0.68mg (3.78%), Vitamin B6: 0.07mg (3.29%), Vitamin B3: 0.61mg (3.05%), Zinc: 0.4mg (2.65%), Potassium: 87.18mg (2.49%), Magnesium: 9.39mg (2.35%), Vitamin K: 1.66µg (1.58%), Copper: 0.03mg (1.51%)