



Cranberry Corn Bread

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

194 kcal

BREAD

Ingredients



2.5 teaspoons double-acting baking powder



0.5 teaspoon baking soda



0.8 cup cranberries dried



1 large eggs lightly beaten



1 large egg white lightly beaten



0.8 cup flour all-purpose



1.5 cups buttermilk low-fat



1.5 tablespoons butter melted



1 cup onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons vegetable oil divided
- ☐ 1.3 cups cornmeal yellow

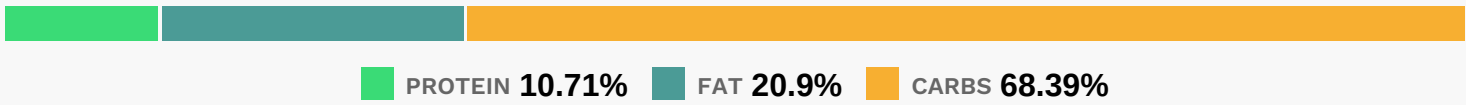
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Heat 1/2 teaspoon oil in a 9-inch cast-iron skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Place onion in a bowl. Stir in cranberries; set aside.
- ☐ Coat bottom and sides of skillet with 1 teaspoon oil.
- ☐ Place in oven for 5 minutes.
- ☐ Combine cornmeal and next 5 ingredients (cornmeal through salt) in a bowl.
- ☐ Combine onion mixture, buttermilk, margarine, egg, and egg white; stir well with a whisk.
- ☐ Add to cornmeal mixture; stir just until cornmeal mixture is moist.
- ☐ Pour batter into preheated skillet.
- ☐ Bake at 425 for 25 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:15.24, Inflammation Score:-3, Nutrition Score:6.340434771517%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 194.33kcal (9.72%), Fat: 4.61g (7.09%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 31.06g (11.3%), Sugar: 10.58g (11.75%), Cholesterol: 20.04mg (6.68%), Sodium: 364.74mg (15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Phosphorus: 125.04mg (12.5%), Manganese: 0.24mg (11.95%), Fiber: 2.88g (11.51%), Calcium: 111.36mg (11.14%), Selenium: 7.43µg (10.61%), Vitamin B1: 0.16mg (10.42%), Vitamin B2: 0.17mg (9.73%), Vitamin B6: 0.17mg (8.26%), Folate: 31.26µg (7.81%), Magnesium: 30.55mg (7.64%), Iron: 1.32mg (7.32%), Zinc: 0.94mg (6.24%), Vitamin B3: 1.14mg (5.71%), Potassium: 169.61mg (4.85%), Copper: 0.08mg (4.11%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.46mg (3.09%), Vitamin A: 119.36IU (2.39%), Vitamin B12: 0.13µg (2.15%), Vitamin K: 2.12µg (2.01%), Vitamin C: 1.57mg (1.9%)