

Cranberry Corn Bread

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



273 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 1.5 cups buttermilk
- 1 cup cornmeal
- 1 cup cranberries halved
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt

1 cup sugar

Equipment

bowl

oven

baking pan

toothpicks

Directions

In a bowl, cream butter and sugar until light and fluffy.

Add eggs; mix well.

Combine the flour, cornmeal, baking powder and salt.

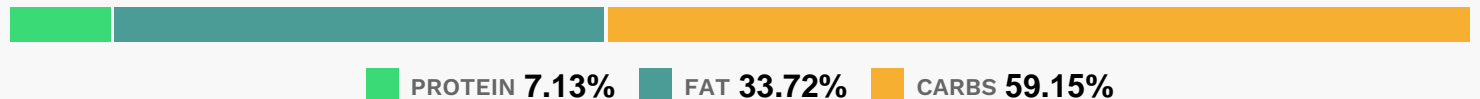
Add to creamed mixture alternately with buttermilk. Fold in cranberries.

Transfer to a greased 9-in. square baking pan.

Bake at 375° for 40–45 minutes or until a toothpick inserted near the center comes out clean.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:26.97, Inflammation Score:-4, Nutrition Score:6.3208696168402%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg,

Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 273.01kcal (13.65%), Fat: 10.36g (15.93%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 38.92g (14.15%), Sugar: 18.73g (20.82%), Cholesterol: 50.92mg (16.97%), Sodium: 271.47mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Selenium: 9.66µg (13.8%), Vitamin B1: 0.18mg (12.06%), Manganese: 0.23mg (11.29%), Vitamin B2: 0.18mg (10.75%), Phosphorus: 104.5mg (10.45%), Folate: 38.41µg (9.6%), Calcium: 84.08mg (8.41%), Fiber: 1.97g (7.87%), Iron: 1.36mg (7.57%), Vitamin A: 330.46IU (6.61%), Vitamin B3: 1.29mg (6.47%), Vitamin B6: 0.11mg (5.67%), Magnesium: 22.37mg (5.59%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.41mg (4.09%), Copper: 0.07mg (3.67%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.54µg (3.58%), Potassium: 119.43mg (3.41%), Vitamin E: 0.49mg (3.24%), Vitamin C: 1.17mg (1.41%), Vitamin K: 1.26µg (1.2%)