



Cranberry Corn Bread

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



388 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup cranberries chopped
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1.3 cups milk
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar white
- ☐ 1 cup cornmeal yellow

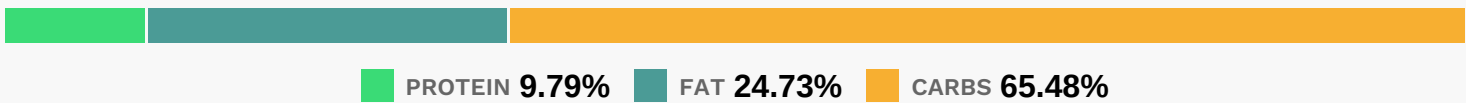
Equipment

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

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease an 8-inch square baking dish.
- ☐ Stir cranberries with 1 tablespoon of sugar in a bowl.
- ☐ Whisk flour, cornmeal, 1/2 cup sugar, baking powder, baking soda, and salt in a separate bowl.
- ☐ Whisk milk, eggs, and melted butter together in a third bowl.
- ☐ Pour milk mixture into dry ingredients and stir just until moistened. Stir cranberries into batter; pour into prepared baking dish.
- ☐ Bake in the preheated oven until corn bread is golden brown, 18 to 20 minutes.
- ☐ Let cool completely in pan before cutting into squares for serving.

Nutrition Facts



Properties

Glycemic Index:73.1, Glycemic Load:42.2, Inflammation Score:-5, Nutrition Score:11.876521737679%

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: 388.27kcal (19.41%), Fat: 10.74g (16.52%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 63.96g (21.32%),
Net Carbohydrates: 60.32g (21.94%), Sugar: 20.15g (22.39%), Cholesterol: 76.12mg (25.37%), Sodium: 488.55mg
(21.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Selenium: 17.9µg (25.57%), Vitamin B1:
0.36mg (24.16%), Phosphorus: 223.6mg (22.36%), Manganese: 0.42mg (21.02%), Calcium: 201.28mg (20.13%),
Vitamin B2: 0.33mg (19.3%), Folate: 73.38µg (18.35%), Iron: 2.75mg (15.27%), Fiber: 3.64g (14.56%), Vitamin B3:
2.58mg (12.89%), Vitamin B6: 0.23mg (11.65%), Magnesium: 44.68mg (11.17%), Zinc: 1.47mg (9.78%), Vitamin B5:
0.75mg (7.54%), Vitamin B12: 0.44µg (7.25%), Vitamin A: 346.97IU (6.94%), Potassium: 229.44mg (6.56%), Copper:
0.13mg (6.32%), Vitamin D: 0.89µg (5.93%), Vitamin E: 0.57mg (3.8%), Vitamin C: 1.17mg (1.41%), Vitamin K: 1.26µg
(1.2%)