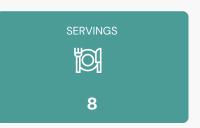


Cranberry-Cornmeal Quick Bread

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

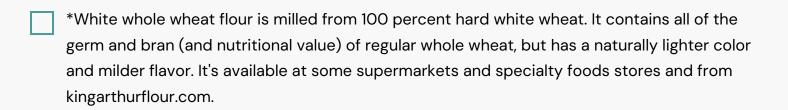
DESSERT

Ingredients

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1.5 teaspoons double-acting baking powder
1.3 cups buttermilk
1 cup cornmeal whole
4 ounces cranberries dried
2 large eggs
1 cup flour whole wheat white
0.5 teaspoon maple extract

0.5 cup maple syrup pure

	0.8 cup pecans chopped for garnish
	1.5 teaspoons salt
	0.5 cup sugar
	1 cup unbleached all purpose flour
	0.5 cup butter unsalted melted (1 stick)
Equipment	
	bowl
	frying pan
	oven
	knife
	whisk
	loaf pan
	aluminum foil
	ziploc bags
Di	rections
	Position rack in center of oven and preheat to 350°F. Spray 9x5x3-inch metal loaf pan with nonstick spray.
	Whisk both flours, cornmeal, sugar, salt, and baking powder in large bowl.
	Whisk buttermilk, melted butter, maple syrup, eggs, and extract in medium bowl.
	Add buttermilk mixture to flour mixture; stir just until blended. Stir in 3/4 cup chopped pecans and cranberries. Spoon batter into pan. Arrange pecan halves in row down center of batter.
	Bake bread until top is golden brown and paring knife inserted into center of bread comes out clean, tenting bread loosely with foil if browning too quickly, about 1 hour 10 minutes. Cool in pan on rack 20 minutes. Turn out onto rack; cool.
	A LITTLE AHEAD: Can be made 1 day ahead. Wrap bread in foil and store at room temperature.
	FURTHER AHEAD: Can be made and then frozen up to 2 weeks ahead. Wrap in foil, then place in resealable plastic bag.



Nutrition Facts

PROTEIN 6.76% FAT 37.19% CARBS 56.05%

Properties

Glycemic Index:38.51, Glycemic Load:23.12, Inflammation Score:-5, Nutrition Score:13.066521745013%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Catechin: 0.74mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.08mg, Epicatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,

Nutrients (% of daily need)

Calories: 543.12kcal (27.16%), Fat: 23.06g (35.48%), Saturated Fat: 9.27g (57.92%), Carbohydrates: 78.22g (26.07%), Net Carbohydrates: 72.69g (26.43%), Sugar: 37.47g (41.63%), Cholesterol: 81.13mg (27.04%), Sodium: 577.97mg (25.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.43g (18.86%), Manganese: 1.2mg (60.08%), Vitamin B2: 0.5mg (29.26%), Fiber: 5.52g (22.1%), Vitamin B1: 0.29mg (19.21%), Selenium: 12.41µg (17.72%), Phosphorus: 167.5mg (16.75%), Calcium: 141.9mg (14.19%), Iron: 2.33mg (12.95%), Magnesium: 47.61mg (11.9%), Folate: 45.78µg (11.44%), Copper: 0.22mg (11.2%), Zinc: 1.66mg (11.08%), Vitamin A: 489.96IU (9.8%), Vitamin B6: 0.19mg (9.31%), Vitamin B3: 1.68mg (8.38%), Potassium: 263.11mg (7.52%), Vitamin E: 1.04mg (6.91%), Vitamin B5: 0.66mg (6.55%), Vitamin D: 0.95µg (6.34%), Vitamin B12: 0.31µg (5.13%), Vitamin K: 2.66µg (2.54%)