



Cranberry-Cornmeal Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 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

Directions

- 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.

*White whole wheat flour is milled from 100 percent hard white wheat. It contains all of the germ and bran (and nutritional value) of regular whole wheat, but has a naturally lighter color and milder flavor. It's available at some supermarkets and specialty foods stores and from kingarthurfLOUR.com.

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, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

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: 0g (100%), Alcohol %: 0% (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%)