



Cranberry Orange Cornbread with Orange "Butter"

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



577 kcal

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup confectioners' sugar
- ☐ 1.5 cups medium-grind cornmeal yellow
- ☐ 1.3 cups cranberries fresh
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup nonhydrogenated margarine softened (such as Earth Balance)
- ☐ 1 cup orange juice

- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 1 orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup soy milk
- ☐ 1.5 cups unbleached flour all-purpose

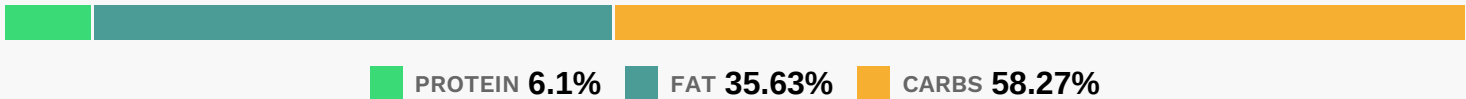
Equipment

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

Directions

- ☐ Make the cornbread: Preheat the oven to 40
- ☐ Grease a 10-inch cast iron skillet well with shortening.
- ☐ Combine the cornmeal, flour, granulated sugar, baking powder, and salt in a large bowl. In a medium bowl, whisk together the orange juice, soymilk, and oil.
- ☐ Add the soymilk mixture to the flour mixture, stirring just until combined.
- ☐ Add the cranberries and orange zest and fold in, being careful not to overmix the batter.
- ☐ Scoop the batter into the prepared skillet.
- ☐ Bake until lightly browned on top and a tester inserted in the center comes out clean, 40 to 50 minutes.
- ☐ Remove the cornbread from the oven and place on a rack to cool slightly.
- ☐ Make the orange "butter": In a small bowl, whisk together the margarine, confectioners' sugar, and orange juice concentrate until smooth.
- ☐ Serve the cornbread warm, spread with the "butter."

Nutrition Facts



Properties

Glycemic Index:72.67, Glycemic Load:50.29, Inflammation Score:-7, Nutrition Score:17.066956582277%

Flavonoids

Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.92mg, Peonidin: 10.92mg, Peonidin: 10.92mg, Peonidin: 10.92mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 576.71kcal (28.84%), Fat: 23.09g (35.52%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 84.96g (28.32%), Net Carbohydrates: 79.09g (28.76%), Sugar: 28.38g (31.53%), Cholesterol: 0mg (0%), Sodium: 521.72mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.79%), Vitamin C: 32.93mg (39.91%), Vitamin B1: 0.44mg (29.28%), Manganese: 0.56mg (27.82%), Folate: 98.54µg (24.63%), Fiber: 5.86g (23.45%), Vitamin E: 3.51mg (23.41%), Calcium: 233.37mg (23.34%), Vitamin B3: 4.36mg (21.79%), Selenium: 14.11µg (20.16%), Phosphorus: 195.91mg (19.59%), Vitamin B6: 0.38mg (19.01%), Iron: 3.3mg (18.31%), Vitamin B2: 0.3mg (17.73%), Magnesium: 57.69mg (14.42%), Vitamin A: 719.42IU (14.39%), Copper: 0.23mg (11.27%), Zinc: 1.6mg (10.65%), Potassium: 343.36mg (9.81%), Vitamin K: 7.99µg (7.61%), Vitamin B12: 0.44µg (7.29%), Vitamin B5: 0.55mg (5.52%), Vitamin D: 0.47µg (3.15%)