

## Hazelnut-Raisin Corn Bread

READY IN



80 min.

SERVINGS



16

CALORIES



239 kcal

BREAD

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter softened
- 14 ounces corn cream-style canned
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 cup hazelnuts crushed finely
- 0.8 cup raisins
- 0.1 teaspoon salt
- 1 cup sugar

0.5 cup water boiling

## Equipment

bowl

oven

loaf pan

toothpicks

## Directions

Place the raisins in a small bowl; add boiling water. Cover and let stand for 10 minutes; drain. Meanwhile, in a large bowl, cream butter and sugar until light and fluffy. Beat in eggs.

Combine the flour, baking soda and salt; add to creamed mixture. Stir in the corn, nuts and raisins.

Pour into two greased 8-in. x 4-in. loaf pans.

Bake 350° for 60–70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

## Nutrition Facts



**PROTEIN 6.36%** **FAT 32.47%** **CARBS 61.17%**

## Properties

Glycemic Index:16.81, Glycemic Load:22.41, Inflammation Score:-3, Nutrition Score:5.9552173407181%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 239.47kcal (11.97%), Fat: 8.93g (13.74%), Saturated Fat: 4.04g (25.28%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 36.2g (13.16%), Sugar: 13.52g (15.02%), Cholesterol: 35.71mg (11.9%), Sodium: 207.52mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Manganese: 0.4mg (20.09%), Folate:

53.65µg (13.41%), Vitamin B1: 0.19mg (12.9%), Selenium: 8.69µg (12.41%), Vitamin B2: 0.16mg (9.19%), Iron: 1.46mg (8.09%), Vitamin B3: 1.54mg (7.71%), Copper: 0.13mg (6.6%), Fiber: 1.65g (6.6%), Phosphorus: 62.31mg (6.23%), Vitamin E: 0.81mg (5.43%), Vitamin A: 226.08IU (4.52%), Magnesium: 17.54mg (4.39%), Potassium: 145.26mg (4.15%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.26mg (2.6%), Vitamin C: 1.62mg (1.96%), Calcium: 14.99mg (1.5%), Vitamin K: 1.1µg (1.05%), Vitamin B12: 0.06µg (1.02%)