



WHATSheATE



Kumquat-Cranberry Cornmeal Loaf



Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup agave nectar
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 cup buttermilk whole
- ☐ 1 cup cranberries fresh
- ☐ 2 large eggs
- ☐ 1 teaspoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 cup kumquats thinly sliced
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cornmeal yellow

Equipment

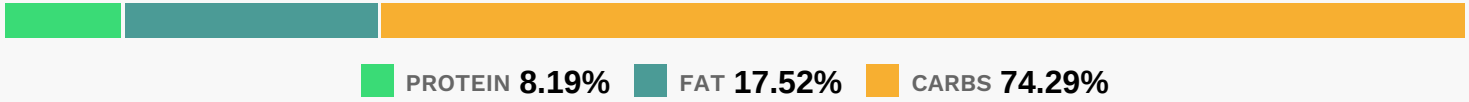
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ wax paper
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 5 ingredients in a bowl, and toss well. Coat a 9 x 5-inch loaf pan with baking spray; line bottom of pan with wax paper. Coat wax paper with baking spray.
- ☐ Sprinkle bottom of pan with cranberry mixture. Set aside.
- ☐ Weigh or lightly spoon 75 ounces flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine agave nectar and the remaining ingredients in a bowl, stirring well, and add agave mixture to flour mixture, stirring just until combined. Scrape batter into prepared pan over cranberry mixture.

- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan 10 minutes on a wire rack.
- ☐ Cut dome off bread using a serrated knife.
- ☐ Place a plate upside down on top of bread; invert bread onto plate. Discard wax paper. Cool.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:13.05, Inflammation Score:-2, Nutrition Score:4.0243478546972%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 136.75kcal (6.84%), Fat: 2.67g (4.1%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.23g (8.81%), Sugar: 11.16g (12.4%), Cholesterol: 24.08mg (8.02%), Sodium: 110.34mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Selenium: 6.71µg (9.59%), Vitamin B1: 0.13mg (8.52%), Folate: 29.98µg (7.5%), Vitamin B2: 0.12mg (7.25%), Manganese: 0.14mg (6.9%), Vitamin C: 4.72mg (5.73%), Iron: 0.88mg (4.87%), Fiber: 1.21g (4.84%), Phosphorus: 47.96mg (4.8%), Vitamin B3: 0.92mg (4.59%), Vitamin B6: 0.08mg (3.79%), Vitamin K: 3.27µg (3.12%), Vitamin E: 0.47mg (3.12%), Calcium: 28.61mg (2.86%), Magnesium: 10.31mg (2.58%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.23mg (2.32%), Copper: 0.04mg (2.08%), Potassium: 56.48mg (1.61%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.22µg (1.48%), Vitamin A: 56.73IU (1.13%)