



Lemon-Cherry Tea Bread

 Vegetarian

READY IN



18 min.

SERVINGS



12

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup cherries dried unsweetened coarsely chopped
- 0.5 cup cornmeal
- 1 large egg white
- 1 tablespoon lemon zest
- 1 cup buttermilk low-fat
- 2 tablespoons olive oil

- 0.3 teaspoon salt
- 6 tablespoons sugar
- 1.5 cups flour whole-wheat white

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat oven to 350F. Grease 8- x 4-inch loaf pan.
- In bowl, whisk flour, cornmeal, sugar, baking powder, baking soda, and salt. In another bowl, whisk buttermilk, oil, egg white, and lemon zest until blended.
- Add to flour mixture, along with cherries, and stir to mix.
- Spread in pan.
- Bake until toothpick inserted into center comes out clean (45–50 minutes). Cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
- Cut into 12 slices.

Nutrition Facts



PROTEIN 10.42% FAT 19.76% CARBS 69.82%

Properties

Glycemic Index:19.22, Glycemic Load:7.24, Inflammation Score:-3, Nutrition Score:5.960869550705%

Nutrients (% of daily need)

Calories: 146.25kcal (7.31%), Fat: 3.34g (5.13%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 23.77g (8.64%), Sugar: 9.77g (10.85%), Cholesterol: 0.8mg (0.27%), Sodium: 177.59mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Manganese: 0.65mg (32.68%), Selenium: 10.66µg (15.23%), Fiber: 2.76g (11.03%), Phosphorus: 101.34mg (10.13%), Magnesium: 30.4mg (7.6%), Calcium: 73.39mg (7.34%), Vitamin B1: 0.1mg (6.83%), Vitamin B6: 0.11mg (5.4%), Iron: 0.93mg (5.14%), Vitamin B3: 0.92mg (4.62%), Zinc: 0.68mg (4.55%), Vitamin B2: 0.08mg (4.43%), Copper: 0.08mg (4.07%), Vitamin A: 190.29IU (3.81%), Potassium: 111.55mg (3.19%), Vitamin E: 0.48mg (3.19%), Folate: 10.03µg (2.51%), Vitamin B5: 0.19mg (1.92%), Vitamin K: 1.72µg (1.64%), Vitamin C: 0.85mg (1.02%)