



Lemon-Thyme Cornmeal Quick Bread

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup canola oil
- ☐ 0.8 cup egg substitute
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 2 tablespoons pinenuts divided toasted
- ☐ 0.7 cup sugar
- ☐ 1 cup cornmeal yellow fine

Equipment

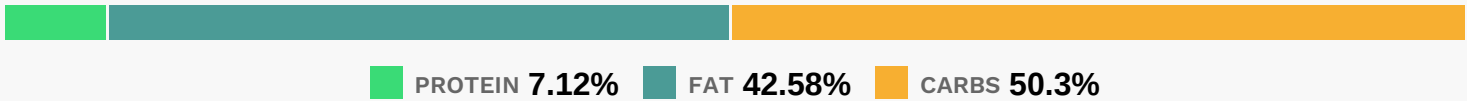
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and salt in a medium bowl, stirring mixture with a whisk.
- ☐ Place egg substitute, sugar, and oil in a large bowl; beat with a mixer at medium-high speed 1 minute or until well blended.
- ☐ Add thyme, rind, and juice; beat at low speed until combined.
- ☐ Add flour mixture; beat just until combined. Chop 1 tablespoon nuts; stir into batter.
- ☐ Pour batter into a 9 x 5inch loaf pan coated with cooking spray.
- ☐ Sprinkle evenly with remaining 1 tablespoon whole nuts.
- ☐ Bake at 325 for 30 minutes.
- ☐ Remove pan from oven (do not turn oven off).
- ☐ Drizzle butter evenly over batter.

Bake an additional 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:15.55, Inflammation Score:-6, Nutrition Score:4.977826040724%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 189.63kcal (9.48%), Fat: 9.17g (14.11%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 22.84g (8.3%), Sugar: 11.75g (13.05%), Cholesterol: 2.51mg (0.84%), Sodium: 218.88mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Manganese: 0.27mg (13.37%), Selenium: 8.26µg (11.81%), Vitamin E: 1.57mg (10.44%), Phosphorus: 62.41mg (6.24%), Fiber: 1.54g (6.18%), Vitamin B1: 0.09mg (6.15%), Iron: 1.1mg (6.1%), Vitamin B2: 0.1mg (5.72%), Magnesium: 22.65mg (5.66%), Vitamin B6: 0.11mg (5.26%), Vitamin K: 5.48µg (5.22%), Zinc: 0.71mg (4.7%), Folate: 14.69µg (3.67%), Calcium: 35.78mg (3.58%), Vitamin B5: 0.36mg (3.57%), Copper: 0.07mg (3.37%), Vitamin B3: 0.64mg (3.21%), Vitamin C: 2.63mg (3.19%), Potassium: 95.81mg (2.74%), Vitamin A: 91.5IU (1.83%), Vitamin D: 0.24µg (1.6%)