



Slow-Cooker Lemon Cornmeal Poppy Seed Bread

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



215 kcal

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup cornmeal yellow
- ☐ 2 tablespoons poppy seeds
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup butter melted
- ☐ 3 eggs

- ☐ 0.8 cup milk
- ☐ 1 tablespoon lemon zest shredded finely
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons juice of lemon fresh

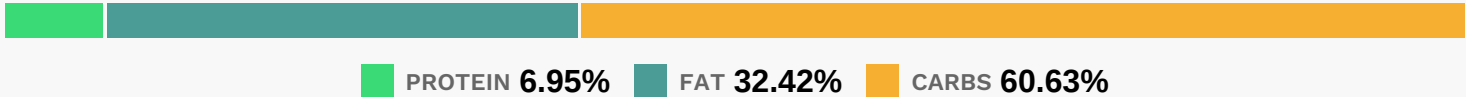
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Spray 5-quart oval slow cooker with cooking spray.
- ☐ In large bowl, stir flour, cornmeal, poppy seed, baking powder and salt until well mixed. In medium bowl, mix remaining Bread ingredients until well blended. Stir into flour mixture just until combined. Spoon into slow cooker.
- ☐ Cover; cook on High heat setting 1 hour 40 minutes to 2 hours or until toothpick inserted in center of loaf comes out clean. Turn off slow cooker; uncover.
- ☐ Remove ceramic base from cooker to cooling rack.
- ☐ Let cool 15 minutes.
- ☐ Loosen edge of bread with thin metal spatula.
- ☐ Remove bread from slow cooker to cooling rack. Cool 1 hour.
- ☐ In small bowl, mix Glaze ingredients until smooth and consistency of thick syrup.
- ☐ Drizzle over top of bread.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:19.91, Inflammation Score:-3, Nutrition Score:5.081304386906%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.22kcal (10.76%), Fat: 7.86g (12.1%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 31.94g (11.61%), Sugar: 16.96g (18.84%), Cholesterol: 47.31mg (15.77%), Sodium: 214.9mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Selenium: 8.67µg (12.39%), Manganese: 0.22mg (10.89%), Vitamin B1: 0.16mg (10.54%), Folate: 35.84µg (8.96%), Calcium: 84.14mg (8.41%), Phosphorus: 84.11mg (8.41%), Vitamin B2: 0.14mg (8.39%), Iron: 1.23mg (6.81%), Vitamin B3: 1.08mg (5.4%), Vitamin A: 240.69IU (4.81%), Fiber: 1.16g (4.63%), Magnesium: 15.57mg (3.89%), Zinc: 0.52mg (3.44%), Vitamin B6: 0.06mg (3.1%), Copper: 0.06mg (3.04%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.15µg (2.45%), Potassium: 74.72mg (2.13%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.29µg (1.94%), Vitamin C: 1.46mg (1.77%)