



Sweet Corn-Pecan Bread

 Dairy Free

READY IN



185 min.

SERVINGS



12

CALORIES



301 kcal

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 14.8 ounces corn cream-style undrained canned
- ☐ 0.5 cup cornmeal
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

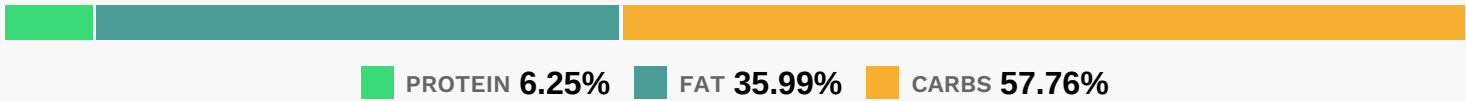
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Generously grease bottom and sides of 9 x 5-inch loaf pan with shortening or spray with cooking spray. In large bowl, beat butter and sugar with electric mixer on medium speed until fluffy. Beat in eggs and corn until well mixed. Stir in flour, cornmeal, baking powder and salt, scraping bowl once, just until blended. Stir in pecans.
- ☐ Pour into pan.
- ☐ Bake 1 hour to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool in pan 30 minutes.
- ☐ Remove from pan to wire rack. Cool completely, about 45 minutes, before slicing.

Nutrition Facts



Properties

Glycemic Index:26.3, Glycemic Load:26.29, Inflammation Score:-5, Nutrition Score:7.1856521257888%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

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Nutrients (% of daily need)

Calories: 300.93kcal (15.05%), Fat: 12.37g (19.04%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 42.64g (15.51%), Sugar: 18.13g (20.14%), Cholesterol: 27.28mg (9.09%), Sodium: 491.19mg (21.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Manganese: 0.42mg (20.8%), Vitamin B1: 0.23mg (15.04%), Folate: 59.9µg (14.98%), Selenium: 10.13µg (14.47%), Phosphorus: 106.36mg (10.64%), Vitamin B2: 0.17mg (10.21%), Iron: 1.66mg (9.23%), Vitamin B3: 1.79mg (8.94%), Fiber: 2.04g (8.17%), Vitamin A: 406.25IU (8.13%), Calcium: 73.74mg (7.37%), Copper: 0.13mg (6.27%), Magnesium: 24.53mg (6.13%), Zinc: 0.84mg (5.59%), Vitamin B6: 0.09mg (4.65%), Vitamin B5: 0.35mg (3.53%), Potassium: 123.6mg (3.53%), Vitamin E: 0.5mg (3.3%), Vitamin C: 1.5mg (1.82%), Vitamin B12: 0.07µg (1.25%)