



Whole Wheat Maple-Cranberry Cornbread

READY IN



50 min.

SERVINGS



9

CALORIES



301 kcal

Ingredients

- ☐ 1 cup flour whole wheat
- ☐ 1 cup cornmeal yellow
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup buttermilk
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup maple syrup
- ☐ 2 eggs beaten
- ☐ 1 cup cranberries dried sweetened

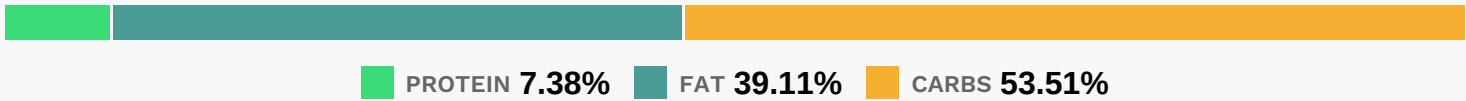
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 375°F. Spray 8-inch square pan or 9-inch round cake pan with cooking spray. In large bowl, mix flour, cornmeal, baking powder and salt.
- ☐ In small bowl, mix buttermilk, melted butter, syrup and eggs with fork or whisk until blended. Stir liquid ingredients and cranberries into dry ingredients; mix just until dry ingredients are moistened.
- ☐ Spread in pan.
- ☐ Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. For 9 servings, cut into 3 rows by 3 rows.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:9.6813043898538%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 300.7kcal (15.04%), Fat: 13.48g (20.74%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 41.51g (13.84%),
Net Carbohydrates: 37.7g (13.71%), Sugar: 16.81g (18.67%), Cholesterol: 39.31mg (13.1%), Sodium: 433.79mg (18.86%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Manganese: 0.9mg (45.06%), Selenium: 13.37µg
(19.1%), Phosphorus: 162.57mg (16.26%), Fiber: 3.8g (15.22%), Vitamin B2: 0.25mg (14.77%), Calcium: 134.91mg
(13.49%), Magnesium: 44.17mg (11.04%), Vitamin A: 549.1IU (10.98%), Vitamin B1: 0.15mg (9.69%), Vitamin B6:
0.19mg (9.55%), Zinc: 1.2mg (7.99%), Iron: 1.4mg (7.77%), Vitamin E: 0.96mg (6.37%), Vitamin B3: 1.21mg (6.06%),
Copper: 0.12mg (5.99%), Potassium: 187.09mg (5.35%), Vitamin B5: 0.48mg (4.77%), Folate: 17.93µg (4.48%),
Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.54µg (3.61%), Vitamin K: 1.42µg (1.35%)