



Apple-Cranberry-Pistachio Bread



Vegetarian



Dairy Free

READY IN



180 min.

SERVINGS



16

CALORIES



170 kcal

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup apple cider
- ☐ 2 eggs beaten
- ☐ 1 cup apples shredded peeled (1 medium)
- ☐ 0.5 cup cranberries dried sweetened

- ☐ 0.3 cup pistachios chopped
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons apple cider
- ☐ 2 tablespoons pistachios finely chopped

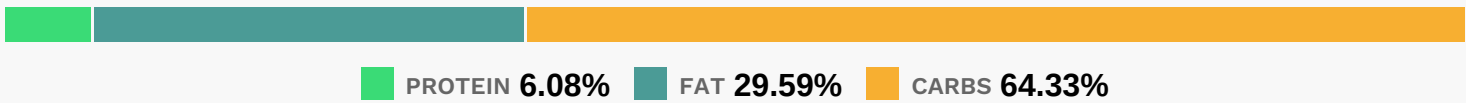
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350°F. Grease and flour bottom only of 8x4-inch loaf pan. In large bowl with wooden spoon, mix flour, granulated sugar, baking powder and salt. Beat in oil, 1/3 cup cider and eggs until smooth. Stir in apple, cranberries and 1/3 cup pistachios. Spoon and spread evenly in pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan. Cool completely, about 1 hour 30 minutes.
- ☐ In small bowl, mix powdered sugar and enough of the 2 to 3 teaspoons cider for desired glaze consistency.
- ☐ Spread over top of bread.
- ☐ Sprinkle with 2 tablespoons pistachios.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:13.78, Inflammation Score:-1, Nutrition Score:3.7730435055235%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 169.53kcal (8.48%), Fat: 5.72g (8.81%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 26.93g (9.79%), Sugar: 17.44g (19.38%), Cholesterol: 20.46mg (6.82%), Sodium: 134.41mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Selenium: 6.01µg (8.59%), Vitamin B1: 0.13mg (8.51%), Manganese: 0.14mg (7.06%), Folate: 26.05µg (6.51%), Vitamin K: 6.78µg (6.45%), Vitamin B2: 0.1mg (5.6%), Phosphorus: 53.2mg (5.32%), Iron: 0.87mg (4.84%), Fiber: 1.08g (4.31%), Vitamin B6: 0.08mg (3.98%), Calcium: 39.32mg (3.93%), Vitamin B3: 0.77mg (3.87%), Copper: 0.07mg (3.63%), Vitamin E: 0.52mg (3.45%), Magnesium: 8.43mg (2.11%), Potassium: 72.19mg (2.06%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.24mg (1.6%)