



Black Forest Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



168 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 2 teaspoons coffee granules instant
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt

- ☐ 0.7 cup sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water hot

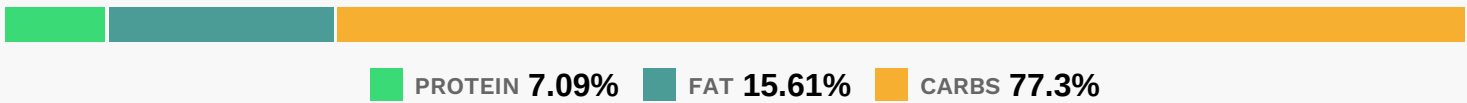
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 4 ingredients in a large bowl. Stir in cranberries; make a well in center of mixture.
- ☐ Combine water and coffee granules; add buttermilk, sugar, honey, oil, vanilla, and egg, stirring well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:18.74, Inflammation Score:-2, Nutrition Score:4.5652173731638%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 167.99kcal (8.4%), Fat: 3.07g (4.73%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 32.44g (11.8%), Sugar: 20.07g (22.3%), Cholesterol: 13.8mg (4.6%), Sodium: 187.07mg (8.13%), Alcohol: 0.2g (100%), Alcohol %: 0.41% (100%), Caffeine: 11.55mg (3.85%), Protein: 3.14g (6.28%), Manganese: 0.25mg (12.4%), Selenium: 7.26µg (10.37%), Vitamin B1: 0.13mg (8.77%), Folate: 32.06µg (8.01%), Vitamin B2: 0.13mg (7.5%), Copper: 0.15mg (7.5%), Fiber: 1.8g (7.22%), Iron: 1.28mg (7.14%), Phosphorus: 59.07mg (5.91%), Vitamin B3: 1.08mg (5.38%), Magnesium: 21.49mg (5.37%), Vitamin K: 4.05µg (3.86%), Zinc: 0.44mg (2.95%), Potassium: 100.18mg (2.86%), Calcium: 24.51mg (2.45%), Vitamin E: 0.31mg (2.04%), Vitamin B5: 0.18mg (1.82%), Vitamin B6: 0.02mg (1.24%)