



Bread Machine Whole Wheat-Cranberry Bread

 Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup water
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter softened
- ☐ 2 cups yukon gold potatoes for flour
- ☐ 1.3 cups flour whole wheat
- ☐ 1.5 teaspoons salt
- ☐ 0.8 teaspoon mace
- ☐ 2 teaspoons yeast dry quick

- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons relish

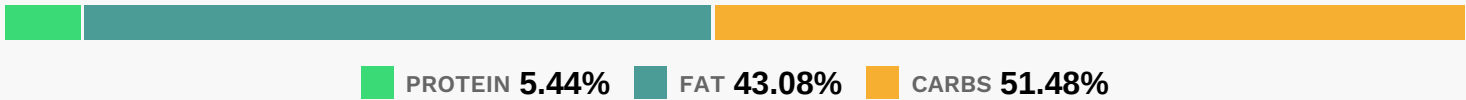
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Measure carefully, placing all bread ingredients except cranberries in bread machine pan in the order recommended by the manufacturer.
- ☐ Add cranberries at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- ☐ Select Whole Wheat or Basic/White cycle. Use Medium or Light crust color. Do not use delay cycle.
- ☐ Remove baked bread from pan; cool on cooling rack.
- ☐ In small bowl, mix butter and cranberry-orange relish until well blended.
- ☐ Serve with bread. Store butter in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:8.08, Inflammation Score:-4, Nutrition Score:6.5217392321514%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 199.22kcal (9.96%), Fat: 9.99g (15.36%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 26.85g (8.95%),
Net Carbohydrates: 24.16g (8.79%), Sugar: 9.82g (10.92%), Cholesterol: 0mg (0%), Sodium: 433.66mg (18.85%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Manganese: 0.59mg (29.62%), Selenium: 7.98µg
(11.39%), Fiber: 2.69g (10.76%), Vitamin B1: 0.15mg (10.3%), Vitamin C: 7.89mg (9.56%), Vitamin B6: 0.18mg (9.01%),
Vitamin A: 428.88IU (8.58%), Phosphorus: 74.94mg (7.49%), Magnesium: 28.05mg (7.01%), Potassium: 230.02mg
(6.57%), Vitamin B3: 1.3mg (6.48%), Folate: 24.32µg (6.08%), Copper: 0.11mg (5.52%), Iron: 0.87mg (4.83%), Vitamin
E: 0.56mg (3.76%), Vitamin B2: 0.06mg (3.76%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.29mg (2.88%), Calcium:
14.76mg (1.48%), Vitamin K: 1.37µg (1.31%)