



Cook the Book: Pumpkin Walnut Cranberry Quickbread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



760 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.8 teaspoons baking soda
- ☐ 2 teaspoons cinnamon
- ☐ 2 cups cranberries
- ☐ 5 large eggs lightly beaten
- ☐ 1 tablespoon kosher salt
- ☐ 1.3 teaspoons nutmeg
- ☐ 1 orange zest

- ☐ 2.7 cups pumpkin puree
- ☐ 2.5 cups sugar
- ☐ 10 servings sugar for sprinkling on top of the loaves
- ☐ 4.1 cups flour all-purpose
- ☐ 10 ounces butter unsalted melted
- ☐ 1.3 cups walnut pieces toasted
- ☐ 0.9 cup water

Equipment

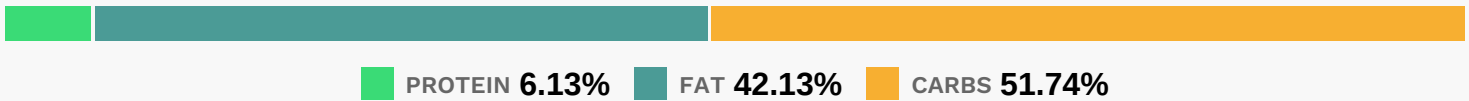
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Position one rack in the top third of the oven, and preheat the oven to 350°F. Grease the loaf pans.
- ☐ In a large mixing bowl, combine the butter, cooled slightly, with the eggs.
- ☐ Whisk in the pumpkin puree and sugar. Stir the orange zest into the water then add to the pumpkin mixture and whisk to combine.
- ☐ In a separate bowl, add the flour, cinnamon, nutmeg, baking soda, and whisk together.
- ☐ Pour the dry ingredients into the liquid ingredients and fold gently until almost combined, then add the cranberries and walnuts. Finish with a few gentle strokes combine without over-mixing.
- ☐ Divide the batter evenly between the 2 prepared loaf pans.

- ☐
- Sprinkle the top of each loaf lightly with the turbinado sugar, about 1 tablespoon per loaf, to form a crystal crust.
- ☐
- Bake for 55 to 65 minutes, or until a toothpick comes out clean when inserted in the middle of the loaf.
- ☐
- Cool the loaves in the pan for 15 minutes, then carefully turn them out of the pans and place the loaves on a wire rack until completely cooled. Wrap in plastic film and store in the refrigerator. These loaves keep well for 3 to 4 days, and freeze well if wrapped in plastic and then foil.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:64.4, Inflammation Score:-10, Nutrition Score:21.689130575761%

Flavonoids

Cyanidin: 9.71mg, Cyanidin: 9.71mg, Cyanidin: 9.71mg, Cyanidin: 9.71mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 760.1kcal (38%), Fat: 36.52g (56.18%), Saturated Fat: 16.54g (103.4%), Carbohydrates: 100.91g (33.64%), Net Carbohydrates: 95.47g (34.72%), Sugar: 54.64g (60.71%), Cholesterol: 153.95mg (51.32%), Sodium: 1043.91mg (45.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin A: 11032.88IU (220.66%), Manganese: 1.14mg (57.15%), Selenium: 26.82µg (38.31%), Folate: 130.86µg (32.72%), Vitamin B1: 0.49mg (32.66%), Vitamin B2: 0.45mg (26.6%), Iron: 4.33mg (24.05%), Copper: 0.44mg (21.92%), Fiber: 5.44g (21.77%), Phosphorus: 192.08mg (19.21%), Vitamin B3: 3.53mg (17.64%), Magnesium: 56.99mg (14.25%), Vitamin K: 14.21µg (13.54%), Vitamin E: 2.03mg (13.53%), Vitamin B5: 1.06mg (10.57%), Vitamin B6: 0.2mg (10.05%), Potassium: 322.44mg (9.21%), Zinc: 1.34mg (8.97%), Vitamin C: 7.4mg (8.97%), Calcium: 70.49mg (7.05%), Vitamin D: 0.93µg (6.17%), Vitamin B12: 0.27µg (4.51%)