

## Cranapana Bread

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



437 kcal

### Ingredients

- ☐ 1 apples cored peeled chopped
- ☐ 1 banana peeled mashed
- ☐ 1 cup cranberries chopped
- ☐ 2 eggs beaten
- ☐ 0.8 cup milk
- ☐ 2.5 cups self-rising flour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup sugar white

### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a medium bowl, stir together the flour and sugar.
- ☐ Add the oil, milk and eggs, mix until well blended. Stir in the cranberries, banana and apple, mix until fruit is evenly distributed.
- ☐ Pour into the prepared pan.
- ☐ Bake for 1 hour in the preheated oven, until a toothpick or knife inserted, comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:51.14, Glycemic Load:52.2, Inflammation Score:-3, Nutrition Score:8.790434702583%

## Flavonoids

Cyanidin: 8.21mg, Cyanidin: 8.21mg, Cyanidin: 8.21mg, Cyanidin: 8.21mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 436.65kcal (21.83%), Fat: 8.01g (12.33%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 80.09g (29.12%), Sugar: 41.22g (45.79%), Cholesterol: 58.22mg (19.41%), Sodium: 34.63mg (1.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Selenium: 26.17µg (37.39%), Manganese: 0.54mg (27.14%), Fiber: 3.09g (12.36%), Phosphorus: 119.86mg (11.99%), Vitamin B2: 0.17mg (10.13%), Vitamin K: 10.23µg (9.74%), Vitamin B6: 0.16mg (7.85%), Folate: 29.09µg (7.27%), Copper: 0.14mg (7.04%), Vitamin B5: 0.7mg (7%), Vitamin E: 1.04mg (6.95%), Potassium: 234.94mg (6.71%), Vitamin C: 5.44mg (6.59%), Magnesium: 26.27mg (6.57%), Calcium: 58.01mg (5.8%), Zinc: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.19%), Vitamin B12: 0.3µg (4.92%), Iron: 0.87mg (4.83%), Vitamin D: 0.63µg (4.19%), Vitamin B3: 0.74mg (3.7%), Vitamin A: 168.62IU (3.37%)