



## Cranberry Apple Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



355 kcal

BREAD

### Ingredients

- 2 cups apples cored peeled chopped
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup cranberries fresh
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 2 tablespoons vegetable oil

- 0.5 cup walnuts chopped
- 0.8 cup sugar white

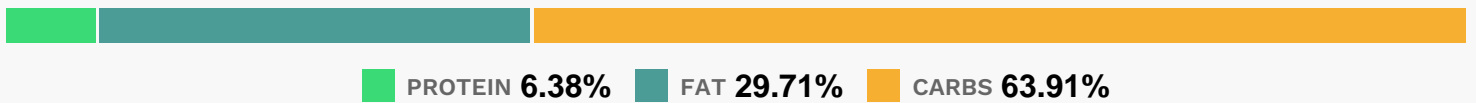
## Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch baking pan.
- Stir together apples, sugar and oil.
- Add egg; mix well. In a separate bowl, sift together flour, baking powder, baking soda and cinnamon. Stir flour mixture into wet ingredients, mixing just until dry ingredients are moist. Stir in cranberries and walnuts.
- Spread batter into prepared pan.
- Bake in preheated oven for 35 to 45 minutes, until toothpick inserted into center of loaf comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:56.52, Glycemic Load:37.25, Inflammation Score:-4, Nutrition Score:9.4952173181202%

## Flavonoids

Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg 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 Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin:

0.23mg Epicatechin: 3.87mg, Epicatechin: 3.87mg, Epicatechin: 3.87mg, Epicatechin: 3.87mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## **Nutrients (% of daily need)**

Calories: 355.01kcal (17.75%), Fat: 12.07g (18.57%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 58.43g (19.48%), Net Carbohydrates: 55.16g (20.06%), Sugar: 30.37g (33.74%), Cholesterol: 27.28mg (9.09%), Sodium: 209.47mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Manganese: 0.68mg (34.1%), Vitamin B1: 0.29mg (19.38%), Selenium: 13.5µg (19.29%), Folate: 71.63µg (17.91%), Fiber: 3.28g (13.1%), Vitamin B2: 0.22mg (13.03%), Iron: 2.1mg (11.68%), Copper: 0.23mg (11.44%), Phosphorus: 110.54mg (11.05%), Vitamin B3: 2.02mg (10.09%), Vitamin K: 10.57µg (10.07%), Calcium: 84.53mg (8.45%), Magnesium: 26.71mg (6.68%), Vitamin E: 0.84mg (5.58%), Vitamin C: 4.39mg (5.32%), Vitamin B6: 0.11mg (5.28%), Zinc: 0.65mg (4.37%), Potassium: 146.61mg (4.19%), Vitamin B5: 0.38mg (3.81%), Vitamin A: 75.03IU (1.5%), Vitamin B12: 0.07µg (1.09%)