



Cranberry-Apple-Nut Bread



Vegetarian



Dairy Free

READY IN



170 min.

SERVINGS



12

CALORIES



199 kcal

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 eggs
- ☐ 1 cup apples shredded peeled (1 medium)
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup walnut pieces chopped

- ☐ 0.5 cup cranberries dried
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon ground cinnamon

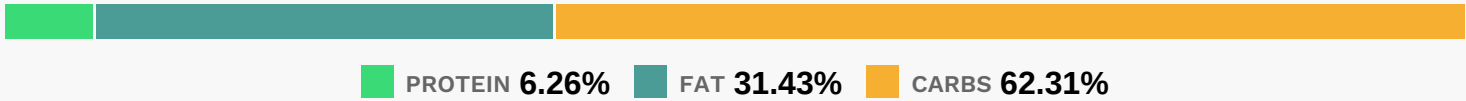
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8x4- or 9x5-inch loaf pan with shortening.
- ☐ In large bowl, mix 3/4 cup sugar, the oil and egg. Stir in apple, flour, baking soda, baking powder and salt. Stir in walnuts and cranberries.
- ☐ Pour batter into pan. In small bowl, mix 1 tablespoon sugar and the cinnamon; sprinkle over batter.
- ☐ Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 1 1/2 hours, before slicing.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:18.58, Inflammation Score:-2, Nutrition Score:4.7821739315987%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg

Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 199.24kcal (9.96%), Fat: 7.2g (11.08%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.66g (11.15%), Sugar: 18.47g (20.52%), Cholesterol: 13.64mg (4.55%), Sodium: 166.33mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Manganese: 0.39mg (19.48%), Vitamin B1: 0.15mg (10.1%), Selenium: 6.9µg (9.85%), Folate: 37.8µg (9.45%), Copper: 0.15mg (7.44%), Vitamin B2: 0.11mg (6.57%), Iron: 1.07mg (5.93%), Fiber: 1.47g (5.9%), Phosphorus: 54.69mg (5.47%), Vitamin B3: 1.05mg (5.23%), Magnesium: 16.25mg (4.06%), Vitamin K: 4.24µg (4.03%), Vitamin B6: 0.06mg (2.93%), Zinc: 0.4mg (2.63%), Vitamin E: 0.37mg (2.5%), Calcium: 23.47mg (2.35%), Potassium: 68.33mg (1.95%), Vitamin B5: 0.18mg (1.84%)