



Cranberry Bread

 Vegetarian

READY IN



210 min.

SERVINGS



24

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup cranberries fresh chopped
- ☐ 5 egg whites fat-free
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 2 teaspoons orange juice
- ☐ 2 tablespoons orange zest grated
- ☐ 0.5 cup powdered sugar

- ☐ 0.3 cup vegetable oil
- ☐ 2.3 cups baking mix bisquick heart smart®

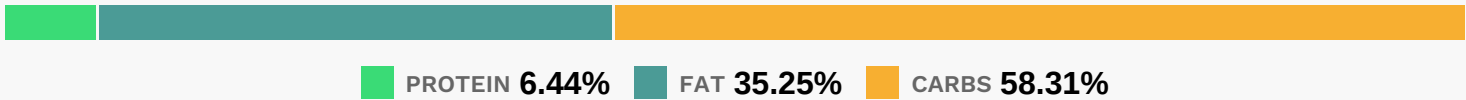
Equipment

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

Directions

- ☐ Heat oven to 375°F. Generously grease bottom of 9x5-inch loaf pan. In medium bowl, stir Bisquick® mix, granulated sugar, sour cream, oil, milk, orange peel and egg whites until moistened. Stir in cranberries.
- ☐ Pour into pan.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean and top crust is deep golden brown. Cool 15 minutes. Loosen sides of loaf from pan; remove from pan and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.
- ☐ In small bowl, stir powdered sugar and orange juice until smooth and thin enough to drizzle.
- ☐ Drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:2.3695652225743%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 116.61kcal (5.83%), Fat: 4.61g (7.1%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 16.76g (6.1%), Sugar: 10.41g (11.56%), Cholesterol: 1.99mg (0.66%), Sodium: 164.46mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Phosphorus: 75.87mg (7.59%), Vitamin B2: 0.09mg (5.32%), Vitamin K: 5.12µg (4.87%), Vitamin B1: 0.07mg (4.81%), Folate: 15.77µg (3.94%), Selenium: 2.39µg (3.41%), Calcium: 32.65mg (3.27%), Vitamin B3: 0.55mg (2.76%), Manganese: 0.05mg (2.61%), Iron: 0.35mg (1.94%), Vitamin C: 1.49mg (1.8%), Vitamin E: 0.26mg (1.72%), Fiber: 0.41g (1.65%), Vitamin B12: 0.09µg (1.43%), Potassium: 48.53mg (1.39%), Vitamin B5: 0.14mg (1.37%), Magnesium: 4.75mg (1.19%), Copper: 0.02mg (1.17%)