



Cranberry Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 tablespoons butter unsalted melted plus more for pan
- 2 cups flour all-purpose plus more for pan (spooned and leveled)
- 1 cup brown sugar packed
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 teaspoon salt
- 1 large eggs lightly beaten
- 0.8 cup milk whole

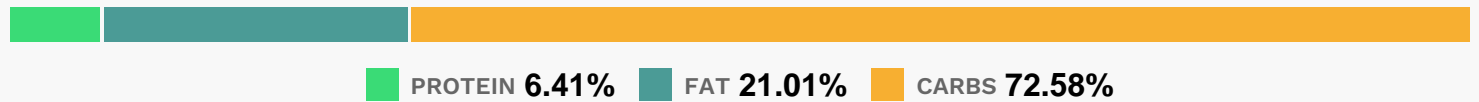
12 ounces cranberries

Equipment

Directions

- Banana Bread
- Cranberry-Orange Scones
- Pumpkin Bread
- Cranberry-Almond Muffins
- Chocolate Zucchini Bread

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:19.46, Inflammation Score:-4, Nutrition Score:8.0973912840304%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 311.06kcal (15.55%), Fat: 7.37g (11.33%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 54.88g (19.96%), Sugar: 29.7g (33%), Cholesterol: 41.04mg (13.68%), Sodium: 466.1mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Manganese: 0.39mg (19.38%), Selenium: 13.39µg (19.13%), Vitamin B1: 0.27mg (17.74%), Folate: 61.04µg (15.26%), Vitamin B2: 0.23mg (13.26%), Calcium: 108.48mg (10.85%), Iron: 1.94mg (10.77%), Vitamin B3: 1.95mg (9.75%), Fiber: 2.38g (9.5%), Phosphorus: 93.12mg (9.31%), Vitamin C: 5.95mg (7.22%), Vitamin E: 0.82mg (5.46%), Vitamin A: 271.25IU (5.43%), Vitamin B5:

0.49mg (4.87%), Copper: 0.09mg (4.39%), Potassium: 148.86mg (4.25%), Magnesium: 15.75mg (3.94%), Vitamin B6: 0.07mg (3.7%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.45mg (2.98%), Vitamin K: 2.8µg (2.66%)