



Cranberry Cinnamon Flax Beer Bread



Vegetarian

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READY IN

ready

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75 min.

SERVINGS

servings

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8

CALORIES

calories

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274 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 ounce cranberries
- ☐ 0.5 cup flax seed meal
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup sugar raw

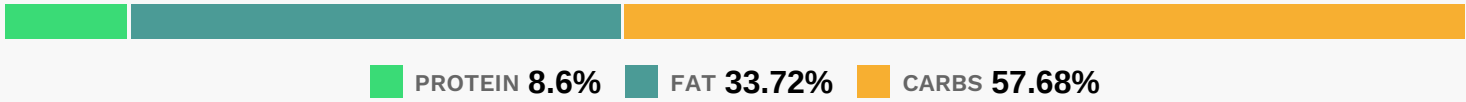
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 5x9-inch loaf pan.
- ☐ Gently whisk flour, flax meal, sugar, baking powder, and cinnamon together in a large bowl.
- ☐ Whisk ale into flour mixture; fold in cranberries.
- ☐ Pour batter into the prepared pan; drizzle melted butter over batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the middle comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:22.13, Inflammation Score:-5, Nutrition Score:9.9013043441202%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 274.12kcal (13.71%), Fat: 10.36g (15.94%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 35.9g (13.05%), Sugar: 6.62g (7.35%), Cholesterol: 15.25mg (5.08%), Sodium: 208.66mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Vitamin B1: 0.47mg (31.43%), Manganese: 0.55mg (27.61%), Selenium: 15.86µg (22.66%), Folate: 80.44µg (20.11%), Fiber: 3.98g (15.93%), Iron: 2.59mg (14.41%), Phosphorus: 141.49mg (14.15%), Vitamin B3: 2.62mg (13.11%), Vitamin B2: 0.21mg (12.48%), Calcium: 123.49mg (12.35%), Magnesium: 48.75mg (12.19%), Copper: 0.18mg (9.07%), Zinc: 0.72mg (4.81%), Potassium: 130.29mg (3.72%), Vitamin A: 179.77IU (3.6%), Vitamin B6: 0.07mg (3.35%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.26µg (1.2%)