



Cranberry-Lemon Tea Bread

READY IN



165 min.

SERVINGS



16

CALORIES



276 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon granulated sugar
- 1 box lemon cake mix
- 1 cup cranberries dried sweetened
- 1 box cheesecake-flavor pudding and pie filling mix instant (4-serving size)
- 1 cup water
- 0.3 cup vegetable oil
- 4 eggs
- 1 oz cream cheese softened
- 1.5 cups powdered sugar

- 2 tablespoons milk
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest grated

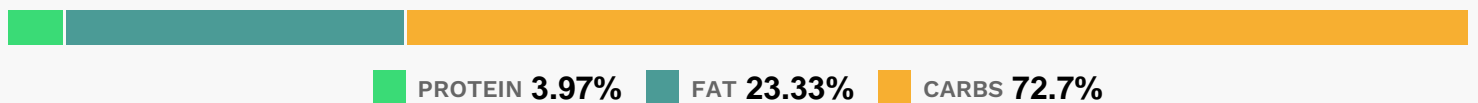
Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Spray 2 (8x4-inch) loaf pans with cooking spray; sprinkle 1 1/2 teaspoons granulated sugar in each pan.
- In small bowl, toss 2 tablespoons of the cake mix with cranberries. In large bowl, beat remaining cake mix, dry pudding mix, water, oil and eggs with electric mixer on low speed until moistened; beat 2 minutes on high speed, scraping bowl occasionally. Stir in cranberries. Divide batter evenly between pans.
- Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour 30 minutes.
- In medium bowl, beat cream cheese, powdered sugar, milk and lemon juice until smooth and thin enough to drizzle.
- Pour glaze over bread, allowing some to drizzle down sides.
- Sprinkle with lemon peel.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:4.3030435157859%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 275.65kcal (13.78%), Fat: 7.24g (11.14%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 49.97g (18.17%), Sugar: 36.1g (40.12%), Cholesterol: 42.93mg (14.31%), Sodium: 341.87mg (14.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.77g (5.55%), Phosphorus: 126.46mg (12.65%), Vitamin K: 9.94µg (9.47%), Vitamin B2: 0.14mg (8.02%), Calcium: 80.17mg (8.02%), Folate: 27.54µg (6.88%), Selenium: 4.66µg (6.65%), Vitamin E: 0.96mg (6.41%), Vitamin B1: 0.08mg (5.46%), Iron: 0.91mg (5.04%), Manganese: 0.09mg (4.29%), Vitamin B3: 0.8mg (4.02%), Fiber: 0.83g (3.33%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.05mg (2.48%), Vitamin B12: 0.14µg (2.4%), Copper: 0.04mg (2%), Vitamin A: 86.48IU (1.73%), Zinc: 0.26mg (1.72%), Vitamin D: 0.24µg (1.6%), Magnesium: 5.5mg (1.37%), Potassium: 41.04mg (1.17%), Vitamin C: 0.86mg (1.04%)