



## Cranberry-Maple Soda Bread

READY IN



105 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 3.7 cups flour all-purpose
- ☐ 1 cup cranberries dried sweetened
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter
- ☐ 1 cup buttermilk

- ☐ 0.3 cup apple sauce
- ☐ 0.3 cup maple syrup
- ☐ 2 eggs

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Heat oven to 350°F. Grease large cookie sheet with shortening or cooking spray.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ In large bowl, stir together cereal, flour, cranberries, orange peel, baking powder, baking soda and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like fine crumbs; set aside.
- ☐ In medium bowl, stir together buttermilk, applesauce, maple syrup and eggs. Stir into cereal mixture until dough forms.
- ☐ Place dough on lightly floured surface. Knead 30 seconds to 1 minute or until smooth (if dough is too sticky, knead in additional flour, 1 tablespoon at a time). Shape dough into 7-inch round; place on cookie sheet.
- ☐ Cut X shape, 1/2 inch deep, on top of dough.

- ☐
- Bake 55 to 60 minutes or until toothpick inserted in center comes out clean.
- ☐
- Remove from cookie sheet to cooling rack. Cool 30 minutes.

# Nutrition Facts



## Properties

Glycemic Index:23.26, Glycemic Load:24.16, Inflammation Score:-6, Nutrition Score:14.192173988923%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 261.32kcal (13.07%), Fat: 5.91g (9.09%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 44.54g (16.2%), Sugar: 13.75g (15.28%), Cholesterol: 29.48mg (9.83%), Sodium: 411.65mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Manganese: 0.83mg (41.45%), Folate: 142.38µg (35.59%), Vitamin B6: 0.66mg (33.15%), Vitamin B1: 0.44mg (29.17%), Vitamin B2: 0.49mg (28.73%), Selenium: 16.51µg (23.58%), Vitamin B12: 1.13µg (18.89%), Iron: 2.92mg (16.2%), Vitamin B3: 3.11mg (15.57%), Phosphorus: 141.74mg (14.17%), Fiber: 3.19g (12.76%), Calcium: 83.29mg (8.33%), Magnesium: 32.3mg (8.07%), Zinc: 1.14mg (7.59%), Vitamin A: 335.6IU (6.71%), Copper: 0.13mg (6.37%), Potassium: 157.65mg (4.5%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.63µg (4.19%), Vitamin E: 0.54mg (3.62%), Vitamin C: 1.79mg (2.17%), Vitamin K: 1.26µg (1.2%)