

# Cranberry Nut Bagels

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

## Ingredients

- 2.5 teaspoons yeast dry
- 3 cups bread flour
- 2 tablespoons brown sugar
- 0.8 cup cranberries dried
- 1 teaspoon ground cinnamon
- 0.3 cup pecans chopped
- 0.3 cup oats
- 1 teaspoon salt

- 2 tablespoons sugar
- 1 cup water (70° to 80°)

## Equipment

- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- slotted spoon
- dutch oven
- bread machine

## Directions

- In bread machine pan, place the first seven ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed). Just before the final kneading (your machine may audibly signal this), add the cranberries and pecans.
- When cycle is completed, turn dough onto a lightly floured surface; cover and let rest for 15 minutes. Divide into eight balls. Push thumb through the center of each ball to form a 1-in. hole.
- Place on a lightly floured surface. Cover and let rest for 10 minutes.
- Fill a Dutch oven two-thirds full with water; bring to a boil. Drop bagels, one at a time, into boiling water. Cook for 45 seconds; turn and cook 45 seconds longer.
- Remove with a slotted spoon; drain well on paper towels.
- Combine brown sugar and cinnamon; sprinkle over bagels.
- Place 2 in. apart on greased baking sheets.
- Bake at 375° for 20–25 minutes or until golden brown.
- Remove from pan to wire rack to cool.

## Nutrition Facts

PROTEIN 10% FAT 12.14% CARBS 77.86%

## Properties

Glycemic Index:27.14, Glycemic Load:25.11, Inflammation Score:-3, Nutrition Score:6.6152174233904%

## Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 263.88kcal (13.19%), Fat: 3.62g (5.56%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 49.45g (17.98%), Sugar: 14.48g (16.08%), Cholesterol: 0mg (0%), Sodium: 295.14mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Manganese: 0.71mg (35.65%), Selenium: 19.81µg (28.3%), Vitamin B1: 0.18mg (12.14%), Fiber: 2.69g (10.75%), Folate: 39.82µg (9.96%), Copper: 0.15mg (7.72%), Phosphorus: 73.89mg (7.39%), Magnesium: 24.38mg (6.1%), Vitamin B3: 0.99mg (4.95%), Zinc: 0.73mg (4.88%), Vitamin B2: 0.08mg (4.61%), Vitamin B5: 0.41mg (4.13%), Iron: 0.74mg (4.1%), Vitamin E: 0.5mg (3.32%), Potassium: 89.95mg (2.57%), Vitamin B6: 0.05mg (2.38%), Calcium: 18.01mg (1.8%), Vitamin K: 1.29µg (1.23%)