



## Cranberry-Nut Bread

 Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



254 kcal

BREAD

### Ingredients

- 0.5 tsp baking soda
- 1.5 tsp calumet baking powder
- 1 cup cranberries chopped
- 0.3 cup cholesterol-free egg product
- 2 cups flour
- 0.7 cup granulated sugar
- 0.3 cup butter melted ()
- 0.8 cup orange juice

- 2 tsp orange zest
- 0.5 cup powdered sugar
- 0.3 cup planters walnuts chopped
- 2 tsp water

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Heat oven to 350F.
- Combine first 4 ingredients in large bowl.
- Mix orange juice, margarine, egg product and zest.
- Add to flour mixture; stir just until moistened. Stir in cranberries and nuts.
- Pour into greased and floured 8x4-inch loaf pan.
- Bake 55 min. to 1 hour or until toothpick inserted in center comes out clean. Cool in pan 10 min.; remove from pan to wire rack. Cool completely.
- Mix powdered sugar and water; drizzle over bread.
- Let stand until firm.

## Nutrition Facts



**PROTEIN 6.46%** **FAT 27.94%** **CARBS 65.6%**

## Properties

Glycemic Index:35.41, Glycemic Load:24.72, Inflammation Score:-4, Nutrition Score:6.6908695386804%

## Flavonoids

Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 254.43kcal (12.72%), Fat: 8.03g (12.35%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 41.04g (14.92%), Sugar: 21.36g (23.73%), Cholesterol: 22.6mg (7.53%), Sodium: 205.85mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Manganese: 0.34mg (17.24%), Vitamin B1: 0.23mg (15.4%), Selenium: 10.68µg (15.26%), Folate: 58.28µg (14.57%), Vitamin C: 11.31mg (13.7%), Vitamin B2: 0.17mg (10.05%), Iron: 1.54mg (8.53%), Vitamin B3: 1.61mg (8.07%), Phosphorus: 74.61mg (7.46%), Calcium: 60.46mg (6.05%), Copper: 0.12mg (5.91%), Vitamin A: 281.46IU (5.63%), Fiber: 1.38g (5.51%), Magnesium: 15.51mg (3.88%), Vitamin B5: 0.3mg (2.96%), Potassium: 101.3mg (2.89%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.42mg (2.82%), Zinc: 0.4mg (2.64%)