



Cranberry-Nut Bread

 Vegetarian  Gluten Free

READY IN



205 min.

SERVINGS



1

CALORIES



2226 kcal

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup milk
- ☐ 2 tablespoons orange zest grated
- ☐ 3 eggs
- ☐ 0.8 cup cranberries fresh chopped
- ☐ 0.5 cup nuts chopped
- ☐ 0.5 cup powdered sugar

- ☐ 2 teaspoons orange juice
- ☐ 2.3 cups frangelico

Equipment

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

Directions

- ☐ Heat oven to 375°F. Generously grease bottom of loaf pan, 9x5x3 inches. Stir Bisquick, granulated sugar, sour cream, oil, milk, orange peel and eggs in medium bowl until moistened. Stir in cranberries and nuts.
- ☐ Pour into pan.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Loosen sides of loaf from pan; remove from pan and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.
- ☐ Stir powdered sugar and orange juice until smooth and thin enough to drizzle.
- ☐ Drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:234.76, Glycemic Load:112.87, Inflammation Score:-9, Nutrition Score:42.555217162423%

Flavonoids

Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 4.98mg, Myricetin: 4.98mg, Myricetin: 4.98mg, Myricetin: 4.98mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 2225.86kcal (111.29%), Fat: 128.99g (198.44%), Saturated Fat: 30.17g (188.58%), Carbohydrates: 250.11g (83.37%), Net Carbohydrates: 239.63g (87.14%), Sugar: 220.1g (244.56%), Cholesterol: 566.21mg (188.74%), Sodium: 259.61mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.04%), Vitamin K: 106.29µg (101.23%), Manganese: 1.73mg (86.35%), Phosphorus: 736.72mg (73.67%), Selenium: 47.41µg (67.72%), Vitamin B2: 1.09mg (64.38%), Copper: 1.11mg (55.56%), Magnesium: 205.34mg (51.33%), Vitamin E: 7.34mg (48.91%), Vitamin C: 35.14mg (42.6%), Fiber: 10.48g (41.92%), Vitamin B5: 3.81mg (38.12%), Zinc: 5.19mg (34.63%), Calcium: 344.46mg (34.45%), Vitamin A: 1662.27IU (33.25%), Iron: 5.47mg (30.4%), Vitamin B6: 0.59mg (29.57%), Vitamin B12: 1.75µg (29.1%), Folate: 113.49µg (28.37%), Potassium: 964.89mg (27.57%), Vitamin D: 3.31µg (22.07%), Vitamin B3: 3.89mg (19.47%), Vitamin B1: 0.29mg (19.33%)