



Cranberry Nut Bread

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



509 kcal

BREAD

Ingredients

- 1 cup buttermilk (see note)
- 2 teaspoons orange zest grated
- 1 cup orange juice
- 6 tablespoons butter unsalted melted
- 1 large eggs
- 2 cups flour all-purpose
- 1 cup sugar
- 0.8 teaspoon salt

- 1 teaspoon ground cinnamon
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup cranberries fresh halved (see note)
- 0.5 cup walnut pieces coarsely chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan
- toothpicks
- aluminum foil
- spatula

Directions

- Preheat oven to 375°F and set an oven rack to the middle position. Spray a 9 x 5-inch loaf pan with non-stick cooking spray.
- In a small bowl, stir together buttermilk, orange zest and juice, melted butter and egg. Set aside.
- In a large bowl, whisk together flour, sugar, salt, cinnamon, baking powder and baking soda. Stir the liquid ingredients into the dry ingredients with rubber spatula until just moistened. Gently stir in cranberries and nuts. Do not overmix.
- Scrape the batter into the prepared loaf pan and spread evenly with a rubber spatula.
- Bake for 20 minutes, then reduce the heat to 350° F. Continue to bake until golden brown and a toothpick inserted into center of the loaf comes out clean, about 45 minutes longer. Cool the loaf in the pan for about 10 minutes, then turn out onto the rack and cool at least 30 minutes before serving.
- Note: If you'd like to make your own buttermilk, check out the easy method here.

- Note: Cranberries are a bit tricky to chop because they roll all over the place. I cut them in half one at a time -- seems tedious, I know, but there aren't that many so it doesn't take long. If you're using frozen cranberries, be sure to slice them while they're still frozen.
- Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

Nutrition Facts

■ PROTEIN **6.64%**
■ FAT **35.42%**
■ CARBS **57.94%**

Properties

Glycemic Index:65.02, Glycemic Load:50.01, Inflammation Score:-6, Nutrition Score:13.664347710817%

Flavonoids

Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 508.95kcal (25.45%), Fat: 20.45g (31.47%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 75.27g (25.09%), Net Carbohydrates: 72.56g (26.39%), Sugar: 39.82g (44.24%), Cholesterol: 65.5mg (21.83%), Sodium: 464.49mg (20.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Manganese: 0.75mg (37.38%), Vitamin C: 24.05mg (29.15%), Vitamin B1: 0.42mg (28.22%), Selenium: 19.06µg (27.23%), Folate: 104.93µg (26.23%), Vitamin B2: 0.35mg (20.88%), Phosphorus: 156.41mg (15.64%), Iron: 2.62mg (14.58%), Vitamin B3: 2.81mg (14.05%), Copper: 0.27mg (13.26%), Calcium: 119.81mg (11.98%), Vitamin A: 559.26IU (11.19%), Fiber: 2.71g (10.84%), Magnesium: 35.93mg (8.98%), Potassium: 256.15mg (7.32%), Vitamin B5: 0.67mg (6.65%), Vitamin B6: 0.13mg (6.37%), Zinc: 0.91mg (6.08%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.28µg (4.7%), Vitamin K: 2.49µg (2.37%)