



Cranberry Nut Bread

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



270 kcal

BREAD

Ingredients

- 2 cups flour all-purpose
- 1 cup sugar
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon salt
- 0.5 teaspoon baking soda
- 0.3 cup butter cubed
- 1 large eggs room temperature
- 0.8 cup orange juice

- 1 tablespoon orange zest grated
- 1.5 cups cranberries fresh
- 0.5 cup walnut pieces chopped

Equipment

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

Directions

- Preheat oven to 350°. In a large bowl, combine the flour, sugar, baking powder, salt and baking soda.
- Cut in butter until mixture resembles coarse crumbs. In a small bowl, whisk the egg, orange juice and zest; stir into dry ingredients just until moistened. Fold in cranberries and walnuts.
- Spoon batter into a greased and floured 8x4-in. loaf pan.
- Bake until a toothpick inserted in the center comes out clean, 65–70 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely.

Nutrition Facts



PROTEIN 6.31% **FAT 30.16%** **CARBS 63.53%**

Properties

Glycemic Index:40.41, Glycemic Load:29.55, Inflammation Score:-4, Nutrition Score:7.1417390963306%

Flavonoids

Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg 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: 7.37mg, Peonidin: 7.37mg, Peonidin: 7.37mg, Peonidin: 7.37mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 270.27kcal (13.51%), Fat: 9.26g (14.24%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 42.18g (15.34%), Sugar: 22.41g (24.89%), Cholesterol: 30.8mg (10.27%), Sodium: 395.78mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Manganese: 0.43mg (21.48%), Vitamin B1: 0.24mg (15.85%), Selenium: 10.52µg (15.02%), Folate: 59.91µg (14.98%), Vitamin C: 12.29mg (14.9%), Vitamin B2: 0.17mg (10%), Iron: 1.57mg (8.74%), Vitamin B3: 1.64mg (8.21%), Phosphorus: 76.59mg (7.66%), Copper: 0.15mg (7.57%), Fiber: 1.71g (6.84%), Calcium: 53.46mg (5.35%), Magnesium: 18.7mg (4.68%), Vitamin A: 218.71IU (4.37%), Vitamin B6: 0.07mg (3.41%), Potassium: 111.85mg (3.2%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.45mg (3.02%), Vitamin E: 0.45mg (2.98%), Vitamin K: 1.41µg (1.35%)