



Cranberry Nut Bread II

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



450 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter softened
- ☐ 1.5 cups confectioners' sugar
- ☐ 1 cup cranberries quartered
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 juice of orange juiced

- ☐ 1 tablespoon milk
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon salt
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a loaf pan.
- ☐ In a large bowl, combine flour, salt, baking powder, baking soda, and sugar.
- ☐ In a 1-cup (or larger) measuring cup combine juice and zest of the orange, butter and enough boiling water to reach 3/4 cup. Stir into flour mixture. Fold in egg, walnuts and cranberries.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 1 hour, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 5 minutes before removing to a wire rack to cool completely.
- ☐ To make the icing combine confectioners' sugar, butter, orange juice and milk; add more milk if necessary so that the icing is thin and slightly runny.
- ☐ Drizzle over bread; allow icing to set before slicing.

Nutrition Facts



Properties

Glycemic Index:61.76, Glycemic Load:36.12, Inflammation Score:-4, Nutrition Score:9.6004347179247%

Flavonoids

Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 450.28kcal (22.51%), Fat: 14.8g (22.77%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 76.04g (25.35%), Net Carbohydrates: 73.75g (26.82%), Sugar: 48.88g (54.31%), Cholesterol: 31.97mg (10.66%), Sodium: 337.49mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.75%), Manganese: 0.76mg (38.14%), Vitamin B1: 0.31mg (20.59%), Folate: 77.28µg (19.32%), Selenium: 13.4µg (19.14%), Copper: 0.3mg (14.81%), Vitamin B2: 0.22mg (12.95%), Iron: 2.13mg (11.84%), Phosphorus: 117.84mg (11.78%), Vitamin B3: 2.07mg (10.34%), Fiber: 2.29g (9.18%), Magnesium: 32.99mg (8.25%), Vitamin C: 6.75mg (8.19%), Calcium: 72.36mg (7.24%), Vitamin B6: 0.11mg (5.7%), Zinc: 0.78mg (5.17%), Potassium: 139.98mg (4%), Vitamin A: 193.61IU (3.87%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.47mg (3.14%), Vitamin K: 1.51µg (1.44%), Vitamin B12: 0.07µg (1.13%)