



Cranberry Nut Bread II

 Vegetarian  Popular

READY IN



85 min.

SERVINGS



8

CALORIES



337 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter
- 1.5 cups cranberries fresh
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup orange juice
- 1 tablespoon orange zest grated

- 1 teaspoon salt
- 0.5 cup walnuts chopped
- 1 cup sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
- In a medium bowl, mix together the flour, sugar, baking powder, salt and baking soda.
- Cut in the butter until the mixture resembles coarse crumbs.
- In a small bowl, beat the egg, orange juice and orange zest. Blend into the dry mixture. Stir in the cranberries and walnuts.
- Transfer to the loaf pan.
- Bake in the preheated oven 65 to 70 minutes, or until a wooden toothpick inserted at center comes out clean. Cool in pan 10 minutes, remove to wire rack and cool completely before serving.

Nutrition Facts



PROTEIN 6.22% **FAT 30.06%** **CARBS 63.72%**

Properties

Glycemic Index:50.51, Glycemic Load:36.94, Inflammation Score:-5, Nutrition Score:8.8560870989509%

Flavonoids

Cyanidin: 8.9mg, Cyanidin: 8.9mg, Cyanidin: 8.9mg, Cyanidin: 8.9mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 336.76kcal (16.84%), Fat: 11.5g (17.7%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 52.72g (19.17%), Sugar: 28g (31.11%), Cholesterol: 35.71mg (11.9%), Sodium: 493.66mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Manganese: 0.54mg (26.85%), Vitamin B1: 0.3mg (19.79%), Folate: 74.54µg (18.63%), Vitamin C: 15.37mg (18.62%), Selenium: 12.91µg (18.45%), Vitamin B2: 0.21mg (12.3%), Iron: 1.95mg (10.85%), Vitamin B3: 2.05mg (10.26%), Copper: 0.19mg (9.43%), Phosphorus: 94.25mg (9.42%), Fiber: 2.14g (8.54%), Calcium: 66.4mg (6.64%), Magnesium: 23.29mg (5.82%), Vitamin A: 269.34IU (5.39%), Vitamin B6: 0.08mg (4.19%), Potassium: 138.78mg (3.97%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.56mg (3.7%), Vitamin E: 0.55mg (3.67%), Vitamin K: 1.76µg (1.68%), Vitamin B12: 0.06µg (1.02%)