



## Cranberry-Nut Bread Minis

READY IN



55 min.

SERVINGS



55

CALORIES



69 kcal

### Ingredients

- 2 Tbsp butter melted
- 2 Tbsp cinnamon sugar
- 1.5 cups cranberries fresh chopped
- 4 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup oil
- 0.5 cup planters walnuts chopped
- 1 cup water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

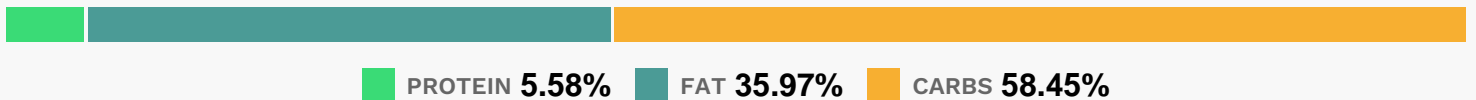
## Equipment

- bowl
- oven
- blender
- loaf pan
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl with mixer 2 min. or until well blended.
- Add cranberries and nuts; beat just until blended.
- Pour into 5 foil mini loaf pans sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min.; remove from pans to wire racks.
- Brush tops with butter; sprinkle with cinnamon sugar. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:3.37, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.4565217326517%

## Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## **Nutrients (% of daily need)**

Calories: 68.78kcal (3.44%), Fat: 2.79g (4.3%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.93g (3.61%), Sugar: 5.94g (6.6%), Cholesterol: 13.01mg (4.34%), Sodium: 84.43mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Phosphorus: 42.15mg (4.22%), Manganese: 0.07mg (3.32%), Selenium: 1.87µg (2.67%), Calcium: 23.98mg (2.4%), Vitamin E: 0.35mg (2.33%), Folate: 9.17µg (2.29%), Vitamin B2: 0.04mg (2.21%), Vitamin B1: 0.03mg (1.71%), Iron: 0.28mg (1.55%), Copper: 0.03mg (1.47%), Vitamin B3: 0.24mg (1.21%), Vitamin K: 1.19µg (1.13%), Fiber: 0.28g (1.13%)