



Cranberry Oat Bread

 Vegetarian

READY IN



220 min.

SERVINGS



24

CALORIES



83 kcal

Ingredients

- ☐ 1.8 teaspoons active yeast dry
- ☐ 2.5 cups bread flour
- ☐ 1 tablespoon butter softened
- ☐ 6 ounce cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 0.3 cup rolled oats
- ☐ 0.8 teaspoon salt
- ☐ 1 cup water 70 degrees to 80 degrees

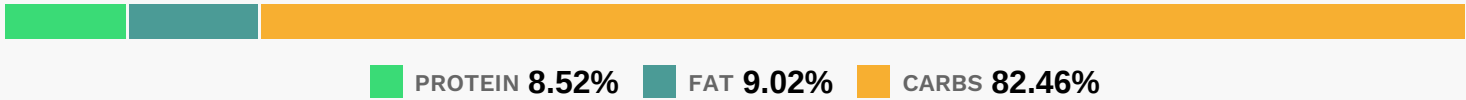
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place water, butter, honey, salt, cinnamon, oats, bread flour, yeast, and dried cranberries in the pan of the bread machine in the order recommended by the manufacturer. Select Basic Bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:8.93, Glycemic Load:7.13, Inflammation Score:-1, Nutrition Score:1.7782608511169%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 83.44kcal (4.17%), Fat: 0.86g (1.32%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 16.76g (6.09%), Sugar: 6.64g (7.37%), Cholesterol: 1.25mg (0.42%), Sodium: 77.79mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Manganese: 0.17mg (8.62%), Selenium: 5.58µg (7.97%), Fiber: 0.89g (3.55%), Vitamin B1: 0.04mg (2.77%), Folate: 10.02µg (2.51%), Phosphorus: 19.5mg (1.95%), Copper: 0.04mg (1.8%), Vitamin E: 0.22mg (1.47%), Vitamin B3: 0.28mg (1.38%), Magnesium: 5.39mg (1.35%), Vitamin B2: 0.02mg (1.26%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.18%), Iron: 0.21mg (1.16%)