

## Cranberry Orange Banana Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



18

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 3 banana very ripe mashed (approximately 1 cup)
- 1 cup cranberries fresh cut in half
- 2 eggs
- 1.5 cups flour
- 1 tsp orange extract pure
- 1 Tbsp orange zest
- 0.5 teaspoon salt

- 0.5 cup sugar
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup flour whole wheat

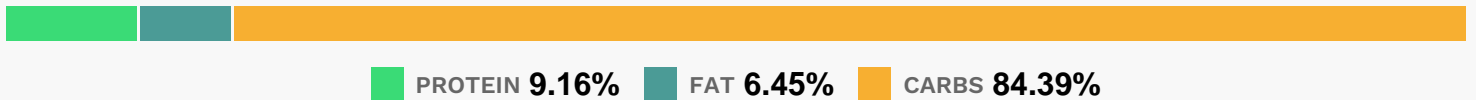
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- Mix together dry ingredients until well combined. In a separate bowl, mix eggs, applesauce, vanilla extract, orange extract, orange zest and mashed bananas. Stir banana mixture into flour mixture, and then add cranberries. Stir carefully
- Bake in a greased loaf pan or (3 mini pans for 30 minutes) for approximately one hour at 350F. Bread is done when a toothpick comes out clean.

## Nutrition Facts



## Properties

Glycemic Index: 18.71, Glycemic Load: 12.07, Inflammation Score: -2, Nutrition Score: 3.9982608695652%

## Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

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

Calories: 101.62kcal (5.08%), Fat: 0.75g (1.15%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 20.55g (7.47%), Sugar: 8.91g (9.89%), Cholesterol: 18.19mg (6.06%), Sodium: 95.9mg (4.17%), Protein: 2.39g (4.78%), Manganese: 0.28mg (14.18%), Selenium: 7.35µg (10.5%), Vitamin B1: 0.11mg (7.29%), Folate: 27.12µg (6.78%), Fiber: 1.46g (5.84%), Vitamin B2: 0.1mg (5.79%), Vitamin B6: 0.1mg (5.21%), Vitamin B3: 0.93mg (4.65%), Iron: 0.8mg (4.44%), Phosphorus: 43.06mg (4.31%), Vitamin C: 3.01mg (3.65%), Magnesium: 13.45mg (3.36%), Potassium: 111.06mg (3.17%), Copper: 0.05mg (2.67%), Vitamin B5: 0.23mg (2.27%), Calcium: 20.85mg (2.08%), Zinc: 0.26mg (1.74%), Vitamin E: 0.19mg (1.24%)