



## Cranberry-Orange Bread

 Vegetarian

READY IN



205 min.

SERVINGS



48

CALORIES



77 kcal

### Ingredients

- ☐ 3 cups cranberries fresh thawed drained ( and )
- ☐ 1.7 cups sugar
- ☐ 0.7 cup vegetable oil
- ☐ 0.5 cup milk
- ☐ 2 teaspoons vanilla
- ☐ 2 teaspoons lemon zest grated
- ☐ 4 eggs
- ☐ 3 cups flour whole wheat all-purpose
- ☐ 0.5 cup nuts coarsely chopped

- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder

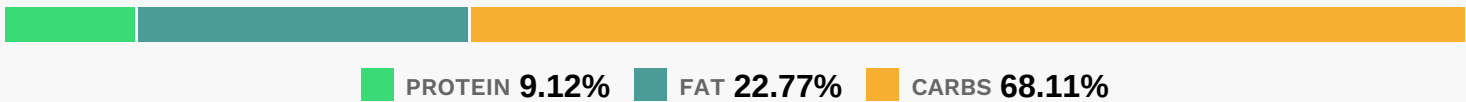
## Equipment

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

## Directions

- ☐ Move oven rack to low position so that tops of pans will be in center of oven.
- ☐ Heat oven to 350°F. Grease bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 inches, or 1 loaf pan, 9x5x3 inches.
- ☐ Stir together cranberries, sugar, oil, milk, vanilla, orange peel and eggs in large bowl. Stir in remaining ingredients.
- ☐ Pour into pans.
- ☐ Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 2 hours before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

## Nutrition Facts



## Properties

Glycemic Index:5.72, Glycemic Load:5.21, Inflammation Score:-1, Nutrition Score:2.9582608575406%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 76.68kcal (3.83%), Fat: 2.03g (3.12%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.46g (4.53%), Sugar: 7.39g (8.21%), Cholesterol: 13.94mg (4.65%), Sodium: 105.18mg (4.57%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 1.83g (3.65%), Manganese: 0.36mg (17.92%), Selenium: 5.86µg (8.37%), Fiber: 1.17g (4.69%), Phosphorus: 44.75mg (4.47%), Magnesium: 14.81mg (3.7%), Vitamin B1: 0.04mg (2.96%), Copper: 0.06mg (2.84%), Vitamin B6: 0.05mg (2.32%), Iron: 0.41mg (2.3%), Vitamin B3: 0.46mg (2.28%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.32mg (2.11%), Vitamin K: 1.59µg (1.51%), Vitamin E: 0.23mg (1.5%), Vitamin B5: 0.15mg (1.48%), Folate: 5.85µg (1.46%), Potassium: 50.59mg (1.45%), Calcium: 11.96mg (1.2%), Vitamin C: 0.99mg (1.2%)