



## Cranberry-Orange Bread

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



179 kcal

BREAD

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup nutlike cereal nuggets
- ☐ 2 large eggs
- ☐ 0.5 cup nonfat buttermilk
- ☐ 1 cup regular oats uncooked
- ☐ 0.5 cup low-sugar orange marmalade
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup flour whole wheat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ muffin tray

## Directions

- ☐ Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- ☐ Whisk together buttermilk, oil, and eggs; add to dry mixture, stirring just until moistened. Gently fold in grated orange rind, marmalade, and cranberries. Spoon into a lightly greased 8 1/2- x 4 1/2-inch loaf pan.
- ☐ Bake at 375 for 28 to 32 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 5 minutes.
- ☐ Remove from pan to wire rack, and let cool 20 minutes or until completely cool.
- ☐ Note: For testing purposes only, we used Post Grape-Nuts cereal.
- ☐ Cranberry-Orange Muffins: Prepare recipe as directed through Step 2, spooning batter into a lightly greased muffin pan, filling two-thirds full.
- ☐ Bake at 375 for 16 to 18 minutes or until golden brown. Cool in pan on wire rack 5 minutes; remove from pan to wire rack, and cool 10 minutes or until completely cool.

## Nutrition Facts



 **PROTEIN 7.13%**  **FAT 28.93%**  **CARBS 63.94%**

Properties

Glycemic Index:15.2, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:6.2686956343443%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 179.26kcal (8.96%), Fat: 6.04g (9.3%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 27.84g (10.12%), Sugar: 18.44g (20.49%), Cholesterol: 31.2mg (10.4%), Sodium: 189.68mg (8.25%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.35g (6.71%), Manganese: 0.59mg (29.32%), Selenium: 9.5µg (13.57%), Iron: 1.59mg (8.84%), Fiber: 2.21g (8.82%), Vitamin K: 9.04µg (8.61%), Folate: 31.76µg (7.94%), Phosphorus: 77.99mg (7.8%), Vitamin B1: 0.1mg (6.96%), Vitamin B2: 0.11mg (6.44%), Magnesium: 25.32mg (6.33%), Vitamin B6: 0.1mg (5.13%), Vitamin B3: 0.92mg (4.61%), Vitamin E: 0.66mg (4.42%), Zinc: 0.66mg (4.41%), Copper: 0.09mg (4.27%), Vitamin B12: 0.24µg (4.01%), Vitamin B5: 0.28mg (2.76%), Vitamin A: 137.75IU (2.76%), Potassium: 79.77mg (2.28%), Calcium: 18.53mg (1.85%), Vitamin D: 0.28µg (1.84%), Vitamin C: 1mg (1.21%)