

Cranberry Orange Bread

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



262 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter cut into small chunks
- 1 cup cranberries chopped
- 1 eggs beaten
- 2 cups flour
- 0.8 cup orange juice
- 1 tablespoon orange zest grated

- 0.8 teaspoon salt
- 0.8 cup sugar

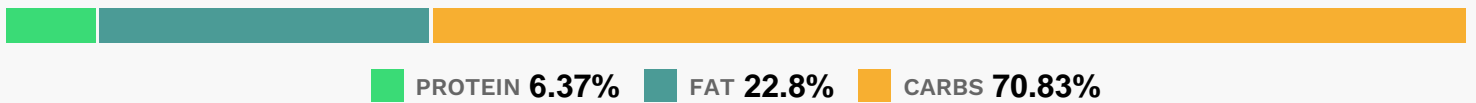
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 8 1/2x4 1/2-inch loaf pan.
- Combine flour, sugar, baking powder, salt, and baking soda in a bowl. Stir butter into flour mixture until combined.
- Add orange juice, orange zest, and egg; mix well. Fold in cranberries and walnuts. Spoon batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 60 to 75 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:48.01, Glycemic Load:32.24, Inflammation Score:-4, Nutrition Score:6.9669565947159%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg,

Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg
Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,
Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol:
0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg,
Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg, Kaempferol: 0.01mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg
Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 262kcal (13.1%), Fat: 6.71g (10.32%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 46.88g (15.63%), Net
Carbohydrates: 45.46g (16.53%), Sugar: 21.31g (23.68%), Cholesterol: 35.71mg (11.9%), Sodium: 420.65mg (18.29%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin B1: 0.27mg (18.08%), Selenium: 12.51µg
(17.87%), Vitamin C: 14.4mg (17.45%), Folate: 67.31µg (16.83%), Manganese: 0.26mg (13.22%), Vitamin B2: 0.2mg
(11.51%), Vitamin B3: 1.96mg (9.82%), Iron: 1.72mg (9.57%), Phosphorus: 68.26mg (6.83%), Calcium: 58.63mg
(5.86%), Fiber: 1.42g (5.68%), Vitamin A: 264.12IU (5.28%), Copper: 0.07mg (3.42%), Vitamin B5: 0.31mg (3.14%),
Potassium: 101.39mg (2.9%), Magnesium: 11.36mg (2.84%), Vitamin E: 0.42mg (2.78%), Zinc: 0.32mg (2.16%),
Vitamin B6: 0.04mg (2.05%), Vitamin K: 1.26µg (1.2%), Vitamin B12: 0.06µg (1.02%)