



Cranberry Orange Bread

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



353 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons butter melted
- 1 cup cranberries fresh
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup orange juice
- 1 orange zest grated

- 0.5 teaspoon salt
- 1 cup sugar
- 1 cup walnut pieces coarsely chopped
- 2 tablespoons water hot

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



PROTEIN 7.01% **FAT 32.98%** **CARBS 60.01%**

Properties

Glycemic Index:44.26, Glycemic Load:36.39, Inflammation Score:-5, Nutrition Score:9.9291305127351%

Flavonoids

Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg 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, 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 353.26kcal (17.66%), Fat: 13.31g (20.48%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 54.52g (18.17%), Net Carbohydrates: 52.05g (18.93%), Sugar: 27.27g (30.3%), Cholesterol: 20.46mg (6.82%), Sodium: 404.26mg (17.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Manganese: 0.76mg (38.13%), Vitamin B1: 0.31mg (21%), Folate: 79.36µg (19.84%), Selenium: 13.19µg (18.85%), Copper: 0.3mg (14.96%), Vitamin C: 11.74mg (14.23%), Vitamin B2: 0.22mg (12.71%), Iron: 2.14mg (11.89%), Phosphorus: 116.81mg (11.68%), Vitamin B3: 2.1mg (10.51%), Fiber: 2.47g (9.86%), Magnesium: 33.78mg (8.44%), Calcium: 72.79mg (7.28%), Vitamin B6: 0.12mg (5.9%), Zinc: 0.77mg (5.12%), Potassium: 151.85mg (4.34%), Vitamin A: 202.62IU (4.05%), Vitamin B5: 0.38mg (3.81%), Vitamin E: 0.46mg (3.08%), Vitamin K: 1.15µg (1.09%)