



## Cranberry Orange Bread (For Bread Machine)

 Vegetarian

READY IN



185 min.

SERVINGS



8

CALORIES



270 kcal

BREAD

### Ingredients

- 2 teaspoons active yeast dry
- 1 tablespoon butter melted
- 1 cup cranberries dried
- 3 cups flour all-purpose
- 3 tablespoons honey
- 1 teaspoon orange oil
- 0.8 cup yogurt plain
- 1.5 teaspoons salt

0.5 cup warm water

## Equipment

frying pan

bread machine

## Directions

Place flour, cranberries, yogurt, water, honey, butter, yeast, salt, and orange oil in the pan of a bread machine in the order recommended by the manufacturer. Select "light crust" setting; press Start.

## Nutrition Facts

 **PROTEIN 8.77%**  **FAT 9.34%**  **CARBS 81.89%**

## Properties

Glycemic Index:24.53, Glycemic Load:29.47, Inflammation Score:-4, Nutrition Score:8.5134782953107%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 270.32kcal (13.52%), Fat: 2.85g (4.38%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 53.9g (19.6%), Sugar: 18.66g (20.74%), Cholesterol: 6.75mg (2.25%), Sodium: 460.99mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin B1: 0.46mg (30.82%), Folate: 105.8µg (26.45%), Selenium: 16.63µg (23.76%), Manganese: 0.37mg (18.53%), Vitamin B2: 0.3mg (17.83%), Vitamin B3: 3.19mg (15.95%), Iron: 2.3mg (12.78%), Fiber: 2.29g (9.17%), Phosphorus: 79.35mg (7.93%), Vitamin B5: 0.44mg (4.4%), Copper: 0.09mg (4.4%), Calcium: 38.03mg (3.8%), Zinc: 0.56mg (3.75%), Magnesium: 14.45mg (3.61%), Potassium: 105.21mg (3.01%), Vitamin E: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.37%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.46µg (1.39%), Vitamin A: 66.47IU (1.33%)