



Cranberry Orange Loaf

 Dairy Free  Popular

READY IN



85 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

Ingredients

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

- 0.5 cup pecans coarsely chopped
- 0.5 teaspoon salt
- 1 cup sugar white

Equipment

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

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan.
- Whisk together flour, baking powder, baking soda, and salt. Stir in orange zest, cranberries, and pecans. Set aside.
- In a large bowl, cream together margarine, sugar, and egg until smooth. Stir in orange juice. Beat in flour mixture until just moistened.
- Pour into prepared pan.
- Bake for 1 hour in the preheated oven, or until the bread springs back when lightly touched.
- Let stand 10 minutes, then turn out onto a wire rack to cool. Wrap in plastic when completely cool.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:49.15, Inflammation Score:-6, Nutrition Score:11.63652170741%

Flavonoids

Cyanidin: 12.49mg, Cyanidin: 12.49mg, Cyanidin: 12.49mg, Cyanidin: 12.49mg Delphinidin: 2.52mg, Delphinidin: 2.52mg, Delphinidin: 2.52mg, Delphinidin: 2.52mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 442.45kcal (22.12%), Fat: 14.86g (22.87%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 73.03g (24.34%), Net Carbohydrates: 70.04g (25.47%), Sugar: 37.41g (41.56%), Cholesterol: 27.28mg (9.09%), Sodium: 492.6mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Manganese: 0.75mg (37.69%), Vitamin B1: 0.42mg (27.83%), Vitamin C: 20.47mg (24.81%), Selenium: 16.96µg (24.23%), Folate: 91.46µg (22.86%), Vitamin B2: 0.28mg (16.18%), Iron: 2.53mg (14.04%), Vitamin B3: 2.72mg (13.61%), Fiber: 2.99g (11.95%), Phosphorus: 114.69mg (11.47%), Copper: 0.2mg (9.77%), Vitamin A: 463.74IU (9.27%), Calcium: 85.2mg (8.52%), Magnesium: 25.72mg (6.43%), Vitamin E: 0.86mg (5.7%), Zinc: 0.8mg (5.36%), Vitamin B5: 0.51mg (5.12%), Potassium: 177.53mg (5.07%), Vitamin B6: 0.08mg (3.87%), Vitamin K: 1.72µg (1.63%), Vitamin B12: 0.07µg (1.25%)