



Cranberry Orange Nut Bread



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



334 kcal

BREAD

Ingredients

- ☐ 2 cups flour
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cranberries fresh chopped
- ☐ 0.8 cup walnuts coarsely chopped
- ☐ 0.8 cup orange juice
- ☐ 0.8 cup granulated sugar

- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 1 Tbsp orange zest

Equipment

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

Directions

- ☐ Pre-heat oven to 350°F.
- ☐ Combine dry ingredients:
- ☐ Whisk together the flour, baking powder, baking soda, and salt in a large bowl. Stir in the chopped cranberries and walnuts to coat with the flour mixture. (Coating with flour will help suspend the nuts and cranberries in the dough and keep them from sinking.)
- ☐ Combine wet ingredients: In a separate bowl combine the orange juice, sugar, melted butter, egg, and orange zest.
- ☐ Add wet ingredients into dry:
- ☐ Pour the orange juice sugar mixture into the flour nut cranberry mixture and fold until just blended. (Don't over-mix!)
- ☐ Bake:
- ☐ Transfer dough into a well buttered 8x4 or 9x5 loaf pan.
- ☐ Bake at 350°F for 50 to 55 minutes or until done (a tester inserted into the center comes out clean).
- ☐ Cool in pan for 10 minutes.
- ☐ Remove from pan and cool on a wire rack.

Nutrition Facts



 **PROTEIN 6.88%**  **FAT 36.49%**  **CARBS 56.63%**

Properties

Glycemic Index:50.51, Glycemic Load:32.39, Inflammation Score:-5, Nutrition Score:9.4482608567113%

Flavonoids

Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg 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: 333.74kcal (16.69%), Fat: 13.86g (21.32%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 48.38g (16.13%), Net Carbohydrates: 46.23g (16.81%), Sugar: 21.59g (23.99%), Cholesterol: 35.71mg (11.9%), Sodium: 348.2mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Manganese: 0.64mg (31.93%), Vitamin B1: 0.31mg (20.57%), Folate: 78.06µg (19.51%), Selenium: 13.05µg (18.64%), Vitamin C: 14.54mg (17.62%), Vitamin B2: 0.21mg (12.48%), Copper: 0.24mg (12.14%), Iron: 2.04mg (11.34%), Phosphorus: 106.21mg (10.62%), Vitamin B3: 2.09mg (10.44%), Fiber: 2.16g (8.62%), Magnesium: 28.69mg (7.17%), Calcium: 69.33mg (6.93%), Vitamin A: 266.32IU (5.33%), Vitamin B6: 0.1mg (5%), Zinc: 0.66mg (4.41%), Potassium: 149.75mg (4.28%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.49mg (3.29%), Vitamin K: 1.55µg (1.48%), Vitamin B12: 0.06µg (1.02%)