



Cranberry Orange Quickbread

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



414 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1 stick butter cold for loaf pan cut into pea size pieces, plus extra
- ☐ 1 cup cranberries dried
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose for loaf pan
- ☐ 1 cranberry-orange relish diced peeled
- ☐ 0.8 cup orange juice fresh

- ☐ 1 orange zest
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

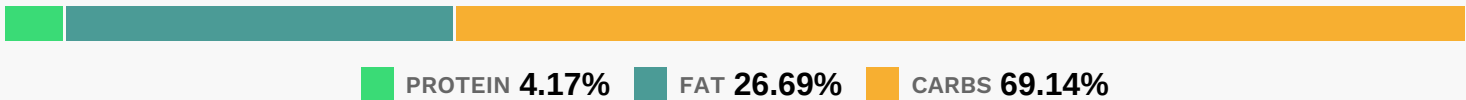
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a food processor combine the flour, sugars, salt, baking soda and butter. Pulse, pulse, pulse until the mixture resembles finely grated cheese.
- ☐ Add the orange zest, juice and the egg. Pulse, pulse, pulse until the mixture is just combined.
- ☐ Remove to a bowl and stir in the diced orange and cranberries.
- ☐ Grease and flour the loaf pan and add the batter.
- ☐ Bake in the preheated oven for 1 hour and 15 minutes. Rotate the pan halfway through the cooking time to insure even cooking.
- ☐ When done let cool for about 20 minutes and remove from loaf pan.
- ☐ Let cool completely before cutting.
- ☐ Yummy!

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:32.23, Inflammation Score:-5, Nutrition Score:8.1352173660112%

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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 7.24mg, Hesperetin: 7.24mg, Hesperetin: 7.24mg, Hesperetin: 7.24mg Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 413.61kcal (20.68%), Fat: 12.58g (19.35%), Saturated Fat: 7.5g (46.89%), Carbohydrates: 73.33g (24.44%), Net Carbohydrates: 71.08g (25.85%), Sugar: 46.65g (51.83%), Cholesterol: 50.83mg (16.94%), Sodium: 318.07mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Vitamin C: 22.41mg (27.16%), Vitamin B1: 0.29mg (19.14%), Selenium: 12.91µg (18.45%), Folate: 72.67µg (18.17%), Manganese: 0.27mg (13.6%), Vitamin B2: 0.21mg (12.18%), Vitamin B3: 2.11mg (10.53%), Iron: 1.79mg (9.95%), Vitamin A: 472.33IU (9.45%), Fiber: 2.25g (8.98%), Phosphorus: 56.35mg (5.64%), Vitamin E: 0.76mg (5.1%), Potassium: 149.85mg (4.28%), Copper: 0.09mg (4.27%), Vitamin B5: 0.38mg (3.8%), Calcium: 35.73mg (3.57%), Magnesium: 14.19mg (3.55%), Vitamin B6: 0.06mg (2.83%), Zinc: 0.35mg (2.34%), Vitamin K: 2.27µg (2.17%), Vitamin B12: 0.07µg (1.22%)