



Cranberry Pumpkin Chip Bread

 Dairy Free

READY IN



65 min.

SERVINGS



16

CALORIES



259 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 1 cup pumpkin canned
- 1 cup cranberries dried
- 2 eggs beaten
- 2.3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 0.8 cup semi chocolate chips
- 0.5 cup vegetable oil
- 2 cups sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4x2-inch loaf pans and flour pans using 2 teaspoons flour.
- Stir 2 1/4 cups flour, sugar, cinnamon, baking soda, ginger, nutmeg, cloves, and salt together in a bowl.
- Whisk pumpkin, oil, and eggs together in a separate bowl.
- Pour pumpkin mixture into flour mixture and stir until just combined; fold cranberries and chocolate chips into batter.
- Pour batter into prepared loaf pans.
- Bake loaves in the preheated oven until a toothpick inserted into the center comes out clean, 50 to 60 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



PROTEIN 4.87% FAT 18.78% CARBS 76.35%

Properties

Glycemic Index:13.76, Glycemic Load:27.17, Inflammation Score:-9, Nutrition Score:7.6395652164584%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 258.86kcal (12.94%), Fat: 5.53g (8.51%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 48.44g (17.61%), Sugar: 34.15g (37.94%), Cholesterol: 20.97mg (6.99%), Sodium: 151.7mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.26mg (2.42%), Protein: 3.23g (6.46%), Vitamin A: 2417.92IU (48.36%), Manganese: 0.38mg (19.06%), Selenium: 8.66µg (12.37%), Vitamin B1: 0.15mg (9.86%), Iron: 1.74mg (9.69%), Folate: 36.68µg (9.17%), Fiber: 2.17g (8.68%), Copper: 0.16mg (7.98%), Vitamin B2: 0.13mg (7.74%), Vitamin B3: 1.22mg (6.11%), Vitamin K: 6.38µg (6.07%), Magnesium: 23.76mg (5.94%), Phosphorus: 58.24mg (5.82%), Vitamin E: 0.56mg (3.75%), Potassium: 112.77mg (3.22%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.27mg (2.66%), Calcium: 18.99mg (1.9%), Vitamin B6: 0.03mg (1.63%), Vitamin B12: 0.06µg (1.07%)