



## Cranberry Quick Bread with Raisins and Hazelnuts



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.8 cup apple juice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups cranberries fresh chopped
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup golden raisins

- ☐ 0.3 cup hazelnuts chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.7 cup flour whole wheat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (flours through salt) in a large bowl; make a well in center of mixture.
- ☐ Combine juice, oil, rind, and egg; add to flour mixture, stirring just until moist. Fold in cranberries, raisins, and hazelnuts.
- ☐ Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:24.66, Glycemic Load:16.69, Inflammation Score:-2, Nutrition Score:4.6408695902513%

## Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 160.38kcal (8.02%), Fat: 4.29g (6.61%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 27.69g (10.07%), Sugar: 15.88g (17.64%), Cholesterol: 11.63mg (3.88%), Sodium: 102.9mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Manganese: 0.44mg (21.98%), Selenium: 7.74µg (11.06%), Vitamin B1: 0.12mg (8.27%), Folate: 25.06µg (6.27%), Fiber: 1.46g (5.82%), Vitamin K: 5.61µg (5.35%), Vitamin B2: 0.09mg (5.18%), Iron: 0.93mg (5.16%), Phosphorus: 51.43mg (5.14%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.68mg (4.53%), Copper: 0.09mg (4.4%), Magnesium: 14.81mg (3.7%), Vitamin B6: 0.06mg (2.88%), Calcium: 25.39mg (2.54%), Potassium: 87.87mg (2.51%), Zinc: 0.31mg (2.07%), Vitamin C: 1.66mg (2.01%), Vitamin B5: 0.18mg (1.76%)