



Cranberry Semolina Tea Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup cranberries dried
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 cup semolina flour (see note above)
- ☐ 0.7 cup sugar
- ☐ 0.5 cup pistachios unsalted coarsely chopped
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Butter and flour two loaf pans (3 1/2 by 7 1/2 in. each).
- ☐ In a large bowl, mix 1 cup all-purpose flour, semolina flour, baking powder, and salt.
- ☐ In another bowl, beat eggs to blend; whisk in sugar, olive oil, lemon peel, and vanilla and almond extracts.
- ☐ Add egg mixture to dry ingredients and stir just until evenly moistened. Gently stir in cranberries and pistachios.
- ☐ Pour batter equally into prepared pans.
- ☐ Bake in a 350 regular or convection oven until bread is golden brown and a wood skewer inserted in center of loaves comes out clean, 20 to 25 minutes. Cool bread in pans on a rack for 10 minutes. Run a knife between bread and pan sides, then invert pans to release bread; set loaves upright on rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 10.56%**  **FAT 23.98%**  **CARBS 65.46%**

Properties

Glycemic Index:36.39, Glycemic Load:28.33, Inflammation Score:-4, Nutrition Score:11.068260902944%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 342.12kcal (17.11%), Fat: 9.15g (14.08%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 56.21g (18.74%), Net Carbohydrates: 53.52g (19.46%), Sugar: 25.9g (28.78%), Cholesterol: 93mg (31%), Sodium: 288.84mg (12.56%), Alcohol: 0.73g (100%), Alcohol %: 0.81% (100%), Protein: 9.07g (18.14%), Selenium: 32.69µg (46.7%), Vitamin B1: 0.36mg (23.89%), Folate: 82.76µg (20.69%), Vitamin B2: 0.34mg (19.89%), Manganese: 0.38mg (18.76%), Phosphorus: 154mg (15.4%), Iron: 2.57mg (14.3%), Vitamin B3: 2.38mg (11.89%), Fiber: 2.69g (10.76%), Copper: 0.19mg (9.49%), Calcium: 89.11mg (8.91%), Vitamin B6: 0.16mg (8.14%), Vitamin E: 1.12mg (7.48%), Magnesium: 25.75mg (6.44%), Vitamin B5: 0.64mg (6.4%), Zinc: 0.85mg (5.66%), Potassium: 178.03mg (5.09%), Vitamin B12: 0.22µg (3.71%), Vitamin K: 3.63µg (3.45%), Vitamin D: 0.5µg (3.33%), Vitamin A: 155.16IU (3.1%), Vitamin C: 0.9mg (1.09%)