



Cranberry-Sweet Potato Bread

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



262 kcal

BREAD

Ingredients

- 2.3 cups sugar
- 0.7 cup water
- 0.7 cup vegetable oil
- 1 teaspoon vanilla
- 1.3 lb rum cooked mashed
- 4 eggs
- 3.3 cups flour all-purpose
- 2 teaspoons baking soda

- 1.5 teaspoons salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon nutmeg
- 1 cup cranberries dried sweetened
- 1 cup pecans chopped

Equipment

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

Directions

- Heat oven to 350°F. Grease and flour 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan. In large bowl, mix sugar, water, oil, vanilla, sweet potatoes and eggs until well blended.
- In medium bowl, mix flour, baking soda, salt, cinnamon, baking powder and nutmeg.
- Add to sweet potato mixture; stir just until dry ingredients are moistened. Stir in cranberries and pecans. Divide batter evenly between 8-inch pans or spoon into 9-inch pan.
- Bake 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes in pans on cooling rack.
- Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate.

Nutrition Facts



PROTEIN 5.93% **FAT 23.23%** **CARBS 70.84%**

Properties

Glycemic Index:14.05, Glycemic Load:23.21, Inflammation Score:-2, Nutrition Score:4.5878261411967%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 261.71kcal (13.09%), Fat: 5.48g (8.43%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 36.39g (13.23%), Sugar: 23.36g (25.96%), Cholesterol: 27.28mg (9.09%), Sodium: 257.18mg (11.18%), Alcohol: 7.95g (100%), Alcohol %: 11.06% (100%), Protein: 3.15g (6.3%), Manganese: 0.36mg (17.99%), Selenium: 8.46µg (12.09%), Vitamin B1: 0.17mg (11.43%), Folate: 36.25µg (9.06%), Vitamin B2: 0.13mg (7.73%), Iron: 1.11mg (6.15%), Vitamin B3: 1.12mg (5.58%), Phosphorus: 49.18mg (4.92%), Fiber: 1.23g (4.9%), Copper: 0.1mg (4.81%), Zinc: 0.44mg (2.95%), Vitamin K: 2.87µg (2.73%), Magnesium: 10.64mg (2.66%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.24mg (2.39%), Calcium: 16.65mg (1.67%), Vitamin B6: 0.03mg (1.6%), Potassium: 51.45mg (1.47%), Vitamin B12: 0.07µg (1.09%)