

Cranberry Sweet Potato Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



187 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup canola oil
- 0.5 cup cranberries dried
- 2 eggs lightly beaten
- 0.5 cup flour all-purpose divided
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon orange extract
- 0.5 teaspoon salt
- 15 ounces sweet potatoes and into mashed drained canned
- 1 teaspoon vanilla extract
- 1 cup flour whole wheat

Equipment

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

Directions

- Toss cranberries with 1 tablespoon all-purpose flour; set aside. In a large bowl, combine the whole wheat flour, brown sugar, baking powder, salt, spices, baking soda and remaining all-purpose flour. In another bowl, combine the sweet potatoes, eggs, oil and extracts. Stir into dry ingredients just until moistened. Fold in cranberries.
- Transfer to an 8-in. x 4-in. loaf pan coated with cooking spray.
- Bake at 350° for 42–48 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:10.666956595753%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 186.91kcal (9.35%), Fat: 5.74g (8.83%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 29.14g (10.6%), Sugar: 14.17g (15.74%), Cholesterol: 27.28mg (9.09%), Sodium: 188.09mg (8.18%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.36g (6.72%), Vitamin A: 5068.18IU (101.36%), Manganese: 0.57mg (28.53%), Selenium: 10.55µg (15.08%), Fiber: 2.59g (10.35%), Vitamin B1: 0.12mg (8.16%), Phosphorus: 80.65mg (8.06%), Vitamin E: 1.17mg (7.79%), Vitamin B6: 0.14mg (6.77%), Magnesium: 25.79mg (6.45%), Iron: 1.08mg (5.98%), Vitamin B2: 0.1mg (5.83%), Copper: 0.12mg (5.77%), Potassium: 187.02mg (5.34%), Folate: 21.37µg (5.34%), Vitamin B3: 1.05mg (5.23%), Vitamin B5: 0.5mg (5.03%), Calcium: 47.5mg (4.75%), Vitamin K: 4.6µg (4.38%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.07µg (1.09%), Vitamin C: 0.86mg (1.05%)