



## Cranberry Wheat Bread

 Vegetarian

READY IN



180 min.

SERVINGS



24

CALORIES



98 kcal

BREAD

### Ingredients

- 2 teaspoons yeast dry
- 2 cups bread flour
- 2 tablespoons butter softened
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 0.3 cup honey
- 1.5 teaspoons salt

- 1 cup cranberries dried sweetened
- 1.3 cups water
- 1.3 cups flour whole wheat

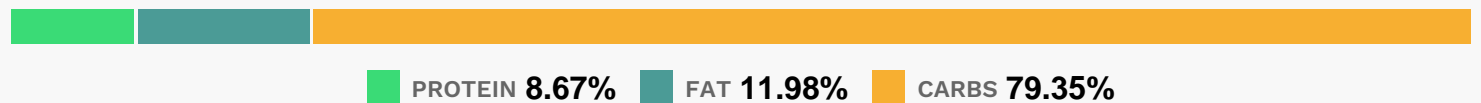
## Equipment

- frying pan
- bread machine

## Directions

- Place all ingredients (except cranberries) in the pan of the bread machine in the order recommended by the manufacturer. Select Sweet Bread cycle; press Start.
- If your machine has a Fruit setting, add the cranberries at the signal, or about 5 minutes before the kneading cycle has finished.

## Nutrition Facts



## Properties

Glycemic Index:10.18, Glycemic Load:6.92, Inflammation Score:-1, Nutrition Score:2.985217385318%

## 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 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: 98.2kcal (4.91%), Fat: 1.36g (2.09%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 18.98g (6.9%), Sugar: 7.6g (8.44%), Cholesterol: 2.51mg (0.84%), Sodium: 154.43mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Manganese: 0.38mg (18.77%), Selenium: 8.1µg (11.57%), Fiber: 1.3g (5.2%), Vitamin B1: 0.07mg (4.6%), Phosphorus: 35.03mg (3.5%), Folate: 12.41µg (3.1%), Magnesium: 11.87mg (2.97%), Vitamin B3: 0.55mg (2.77%), Copper: 0.05mg (2.66%), Iron: 0.37mg (2.07%), Zinc: 0.29mg (1.94%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.8%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.34%), Potassium: 41.28mg (1.18%)