



Dried Cherry-Cardamom Bread

 Vegetarian

READY IN



195 min.

SERVINGS



16

CALORIES



186 kcal

BREAD

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup cherries dried chopped
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cardamom

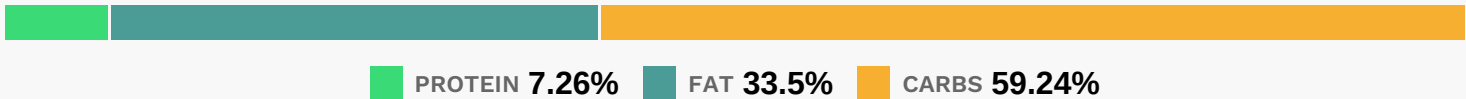
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9x5- or 8x4-inch loaf pan with cooking spray. In large bowl, mix sugar and butter; beat until light and fluffy. Beat in vanilla.
- ☐ Add buttermilk and eggs; blend well. (
- ☐ Mixture will appear curdled.)
- ☐ In small bowl, mix remaining ingredients.
- ☐ Add to buttermilk mixture; stir just until dry ingredients are moistened.
- ☐ Pour batter into pan.
- ☐ Bake 9x5-inch pan 50 to 65 minutes, 8x4-inch pan 55 to 75 minutes, or until toothpick inserted in center comes out clean. Loosen edges of bread; cool in pan on cooling rack 15 minutes.
- ☐ Remove bread from pan; place on cooling rack. Cool completely, about 1 1/2 hours. Wrap tightly, and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:15.43, Inflammation Score:-4, Nutrition Score:3.9678261027388%

Nutrients (% of daily need)

Calories: 186.13kcal (9.31%), Fat: 6.96g (10.71%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 26.53g (9.65%), Sugar: 14.11g (15.68%), Cholesterol: 37.36mg (12.45%), Sodium: 190.95mg (8.3%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 3.39g (6.78%), Selenium: 7.67µg (10.96%), Vitamin A: 500.72IU (10.01%), Vitamin B1: 0.13mg (8.83%), Folate: 32.16µg (8.04%), Vitamin B2: 0.13mg (7.81%), Manganese: 0.13mg (6.37%), Iron: 0.98mg (5.44%), Vitamin B3: 0.95mg (4.73%), Fiber: 1.17g (4.66%), Phosphorus: 45.1mg (4.51%), Calcium: 39.11mg (3.91%), Vitamin B5: 0.22mg (2.18%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.31µg (2.03%), Zinc: 0.25mg (1.67%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.57%), Magnesium: 5.97mg (1.49%), Potassium: 47.76mg (1.36%), Vitamin B6: 0.02mg (1.11%)