



Dried-Cranberry Spice Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



185 kcal

BREAD

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup cornmeal
- ☐ 1 cup cranberries dried
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 cup blackstrap molasses light
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons vegetable oil

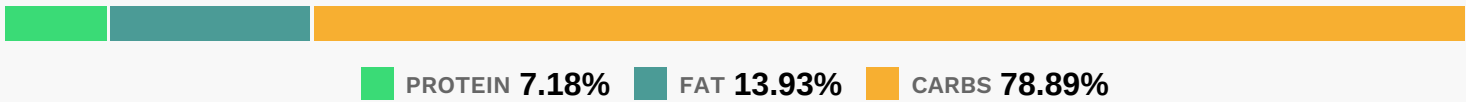
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 9 ingredients in a large bowl. Stir in dried cranberries, and make a well in center of mixture.
- ☐ Combine buttermilk, molasses, oil, and eggs in a bowl, and stir well with a whisk.
- ☐ Add the buttermilk mixture to the flour mixture, stirring just until moist. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.72, Glycemic Load:19.65, Inflammation Score:-2, Nutrition Score:5.3847825676203%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 184.64kcal (9.23%), Fat: 2.92g (4.49%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 35.91g (13.06%), Sugar: 20.95g (23.27%), Cholesterol: 23.85mg (7.95%), Sodium: 244.18mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Manganese: 0.35mg (17.7%), Selenium: 9.76µg (13.94%), Vitamin B1: 0.16mg (10.48%), Folate: 36.78µg (9.19%), Vitamin B2: 0.15mg (8.54%), Iron: 1.42mg (7.91%), Magnesium: 26.78mg (6.69%), Vitamin B3: 1.24mg (6.18%), Phosphorus: 53.59mg (5.36%), Fiber: 1.28g (5.12%), Potassium: 167.99mg (4.8%), Vitamin B6: 0.09mg (4.47%), Calcium: 42.02mg (4.2%), Copper: 0.08mg (3.96%), Vitamin K: 3.87µg (3.69%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.4mg (2.65%), Zinc: 0.38mg (2.55%), Vitamin B12: 0.09µg (1.48%)