



Grandmother's Famous Cranberry Bread

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



1482 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter
- 1.5 cups cranberries chopped
- 1 eggs beaten
- 2 cups flour all-purpose sifted
- 1.5 cups golden raisins
- 0.8 cup orange juice

- 1 teaspoon orange zest
- 1 teaspoon salt
- 1 cup sugar white

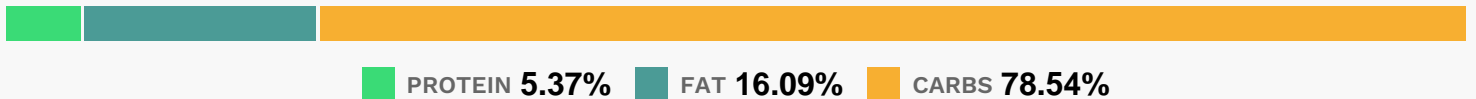
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray or grease one 9x5x3 inch loaf pan.
- Whisk together the flour, sugar, baking powder, salt and baking soda.
- Cut in butter until mixture is crumbly.
- Add egg, orange peel, and orange juice; stir to mix and fold in raisins and cranberries.
- Pour into loaf pan and bake for 70 minutes or until toothpick inserted comes out clean.
- Remove from pan; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:220.38, Glycemic Load:193.89, Inflammation Score:-9, Nutrition Score:35.795652358428%

Flavonoids

Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg Catechin: 0.29mg, Catechin: 0.29mg,

Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 5.02mg, Myricetin: 5.02mg, Myricetin: 5.02mg, Myricetin: 5.02mg Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg, Quercetin: 13.97mg

Nutrients (% of daily need)

Calories: 1482.24kcal (74.11%), Fat: 27.44g (42.21%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 301.39g (100.46%), Net Carbohydrates: 290.67g (105.7%), Sugar: 175.62g (195.13%), Cholesterol: 142.85mg (47.62%), Sodium: 1987.04mg (86.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.25%), Vitamin C: 61.84mg (74.96%), Manganese: 1.48mg (74.2%), Vitamin B1: 1.09mg (72.94%), Selenium: 50.96µg (72.8%), Folate: 272.15µg (68.04%), Vitamin B2: 1mg (58.72%), Iron: 8.89mg (49.41%), Vitamin B3: 9.11mg (45.54%), Fiber: 10.72g (42.89%), Phosphorus: 400.43mg (40.04%), Potassium: 1233.16mg (35.23%), Copper: 0.68mg (34.13%), Calcium: 291.36mg (29.14%), Vitamin B6: 0.53mg (26.31%), Vitamin A: 1063.09IU (21.26%), Magnesium: 84.56mg (21.14%), Vitamin B5: 1.47mg (14.71%), Vitamin E: 2.12mg (14.16%), Zinc: 1.66mg (11.08%), Vitamin K: 10.08µg (9.6%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.44µg (2.93%)