

Holiday Cranberry Yeast Bread

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



166 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry
- 0.3 cup brown sugar packed
- 2 tablespoons butter melted
- 1.5 cups cranberries fresh halved
- 1.5 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 1 tablespoon honey
- 0.3 cup blackstrap molasses

- 1 teaspoon salt
- 1.3 cups water divided (110° to 115°)
- 2.5 cups flour whole wheat

Equipment

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

Directions

- In a small bowl, combine the cranberries, brown sugar and molasses; let stand for 1 hour. Stir in 1 cup warm water.
- In a large bowl, dissolve yeast in remaining warm water.
- Add honey; let stand for 5 minutes. Beat in the butter, salt, allspice, whole wheat flour, 1 cup all-purpose flour and cranberry mixture until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a lightly floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a large bowl coated with cooking spray, turning once to coat top. Cover and let rise until doubled, about 1 hour.
- Punch dough down and turn onto a floured surface; shape into a loaf.
- Place in a 9-in. x 5-in. loaf pan coated with cooking spray. Cover and let rise until doubled, about 30 minutes.
- Bake at 350° for 50–60 minutes or until golden brown.
- Remove from pan to wire rack to cool.

Nutrition Facts



PROTEIN 8.98% FAT 10.7% CARBS 80.32%

Properties

Glycemic Index:17.58, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:8.1560870507813%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 2.04g (3.14%), Saturated Fat: 1g (6.27%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 31.77g (11.55%), Sugar: 11.28g (12.53%), Cholesterol: 3.76mg (1.25%), Sodium: 162.4mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.99mg (49.49%), Selenium: 16.92µg (24.18%), Vitamin B1: 0.22mg (14.52%), Magnesium: 46.66mg (11.66%), Fiber: 2.74g (10.95%), Vitamin B3: 1.8mg (9.02%), Iron: 1.62mg (8.99%), Folate: 35.77µg (8.94%), Phosphorus: 85.09mg (8.51%), Copper: 0.14mg (7.01%), Vitamin B6: 0.14mg (7%), Vitamin B2: 0.1mg (6%), Potassium: 200.55mg (5.73%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.29mg (2.91%), Calcium: 28.5mg (2.85%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.33mg (1.61%), Vitamin A: 51.21IU (1.02%)