



## Orange-Chip Cranberry Bread

READY IN



70 min.

SERVINGS



16

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2.5 cups flour all-purpose
- 1 cup sugar
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 2 large eggs room temperature
- 0.8 cup vegetable oil
- 2 teaspoons orange zest grated
- 1 cup buttermilk

- 1.5 cups cranberries fresh thawed chopped
- 1 cup semisweet chocolate chips miniature
- 1 cup walnut pieces chopped
- 0.8 cup powdered sugar
- 2 tablespoons orange juice

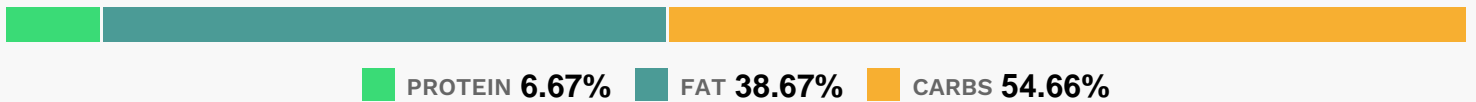
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- In a bowl, combine the first 5 ingredients. In another bowl, combine eggs, oil and orange zest; mix well.
- Add to dry ingredients alternately with buttermilk. Fold in cranberries, chocolate chips and walnuts.
- Pour into 2 greased 8x4-in. loaf pans.
- Bake at 350° until a toothpick inserted in the center comes out clean, 50–60 minutes. Cool for 10 minutes before removing from pans to wire racks. If glaze is desired, combine confectioners' sugar and orange juice until smooth; drizzle over cooled loaves.

## Nutrition Facts



## Properties

Glycemic Index:24.07, Glycemic Load:20.34, Inflammation Score:-4, Nutrition Score:8.3821739373%

## Flavonoids

Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg 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

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## Nutrients (% of daily need)

Calories: 316.42kcal (15.82%), Fat: 13.82g (21.25%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 41.37g (15.04%), Sugar: 24.98g (27.76%), Cholesterol: 25.79mg (8.6%), Sodium: 110.88mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 5.36g (10.73%), Manganese: 0.62mg (30.8%), Copper: 0.34mg (17.25%), Selenium: 10.82µg (15.46%), Vitamin B1: 0.2mg (13.06%), Iron: 2.22mg (12.33%), Folate: 47.4µg (11.85%), Phosphorus: 114.15mg (11.41%), Magnesium: 45.01mg (11.25%), Vitamin B2: 0.18mg (10.31%), Fiber: 2.57g (10.27%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.9mg (6.03%), Vitamin K: 5.61µg (5.35%), Potassium: 178.54mg (5.1%), Calcium: 48.95mg (4.89%), Vitamin B6: 0.08mg (3.78%), Vitamin B5: 0.36mg (3.57%), Vitamin E: 0.52mg (3.46%), Vitamin C: 2.81mg (3.41%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.32µg (2.13%), Vitamin A: 78.28IU (1.57%)