



WHATSheATE



Pistachio Cranberry Bread

READY IN



25 min.

SERVINGS



3

CALORIES



1717 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 cups all purpose flour sifted
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 cup cranberries fresh coarsely chopped
- ☐ 1 lemon zest
- ☐ 1 cup candy peel mixed
- ☐ 1.5 cups milk (See My Notes)
- ☐ 3 servings water/milk as needed
- ☐ 0.5 cup nuts toasted chopped (I used pistachios)

- ☐ 0.3 cup yogurt plain (I used non-fat)
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

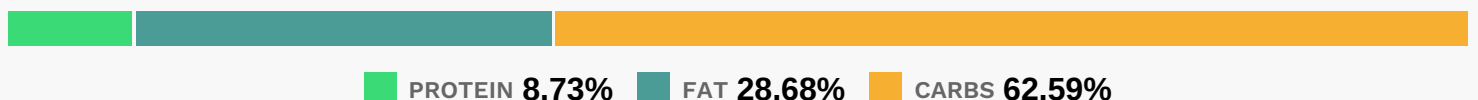
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat the oven for 15 minutes at 350F/180C. Grease a 9×5 inch loaf pan. I also lined and greased the bottom of the pan with parchment paper to enable quick removal of the bread from the pan. In a large bowl combine together the first 5 dry ingredients. In another medium sized bowl combined together all the wet ingredients. Stir the wet ingredients into the dry ingredients. Do not over-mix. At this stage I felt that the batter was a bit tight, so I added another 3 tablespoons of milk. Now stir in the nuts and fruits.
- ☐ Pour the batter in the prepared pan and smooth it out.
- ☐ Bake it for 70 minutes or until a toothpick inserted in the middle of the bread comes out clean. I baked it for 60 minutes at first and checked for doneness twice after every 5 minutes. I removed the pan after 70 minutes. (See Note 2) I was able to remove the bread from the pan just after 15 minutes. The original recipe suggests to wrap the bread in aluminum foil (once it is cooled completely) for 2 days or more for the flavors to develop.

Nutrition Facts



Properties

Glycemic Index:148.36, Glycemic Load:148.48, Inflammation Score:-9, Nutrition Score:44.906956340956%

Flavonoids

Cyanidin: 16.98mg, Cyanidin: 16.98mg, Cyanidin: 16.98mg, Cyanidin: 16.98mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 1717.22kcal (85.86%), Fat: 55.12g (84.79%), Saturated Fat: 28.39g (177.43%), Carbohydrates: 270.67g (90.22%), Net Carbohydrates: 260.76g (94.82%), Sugar: 132.16g (146.84%), Cholesterol: 97.64mg (32.55%), Sodium: 1662.86mg (72.3%), Alcohol: 0.46g (100%), Alcohol %: 0.08% (100%), Protein: 37.74g (75.49%), Vitamin B1: 1.7mg (113.59%), Selenium: 65.99µg (94.27%), Calcium: 926.4mg (92.64%), Vitamin B2: 1.42mg (83.46%), Folate: 318.05µg (79.51%), Phosphorus: 794.89mg (79.49%), Manganese: 1.53mg (76.32%), Iron: 10.13mg (56.25%), Vitamin B3: 10.56mg (52.81%), Fiber: 9.91g (39.62%), Vitamin B12: 2.08µg (34.74%), Vitamin B6: 0.68mg (33.75%), Potassium: 1008.04mg (28.8%), Magnesium: 112.14mg (28.03%), Vitamin D: 4.05µg (26.98%), Copper: 0.54mg (26.96%), Vitamin A: 1347.24IU (26.94%), Vitamin B5: 2.41mg (24.07%), Zinc: 3.3mg (22.01%), Vitamin E: 1.65mg (11%), Vitamin C: 8.91mg (10.8%), Vitamin K: 4.63µg (4.41%)