



Rum Raisin Cranberry Tea Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup rum dark
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup orange juice

- ☐ 2 tablespoons orange zest (1 orange)
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.8 cup sugar
- ☐ 0.5 cup sun-dried cranberries
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract

Equipment

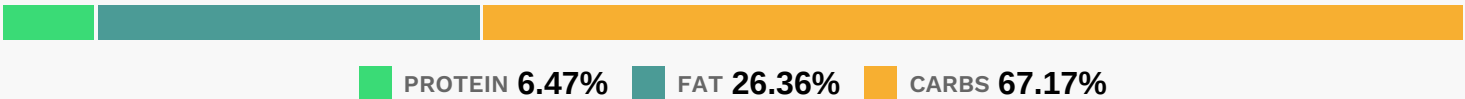
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Grease and flour a 9- x 5-inch loafpan.
- ☐ Combine first 4 ingredients in a small saucepan. Bring to a low boil over medium-low heat; remove from heat, and cool 10 minutes, allowing fruits to plump; set aside.
- ☐ Beat butter, orange zest, and sugar at medium speed with an electric mixer until well combined. Sift together flour, baking powder, and baking soda in a separate bowl; add kosher salt.
- ☐ Beat eggs, 1 at a time, into butter mixture.
- ☐ Add vanilla, and mix well. Change mixer to low speed; add flour mixture alternately with sour cream, beginning and ending with flour. Scrape down sides of bowl.
- ☐ Add reserved fruit and any unabsorbed liquid; mix just until blended.
- ☐ Transfer batter to prepared loafpan, and bake at 350 for 50 to 55 minutes or until golden brown and a wooden pick inserted in center comes out clean. Cool in pan about 10 minutes;

turn out onto a cooling rack, and cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:23.26, Inflammation Score:-3, Nutrition Score:5.3443478708682%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 238.27kcal (11.91%), Fat: 6.78g (10.43%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 37.67g (13.7%), Sugar: 20.61g (22.9%), Cholesterol: 46.69mg (15.56%), Sodium: 230.16mg (10.01%), Alcohol: 1.78g (100%), Alcohol %: 2.84% (100%), Protein: 3.74g (7.48%), Selenium: 10.19µg (14.55%), Vitamin B1: 0.18mg (11.76%), Folate: 44.79µg (11.2%), Vitamin B2: 0.18mg (10.41%), Manganese: 0.18mg (9.04%), Iron: 1.35mg (7.5%), Phosphorus: 70.67mg (7.07%), Vitamin B3: 1.38mg (6.88%), Calcium: 63.82mg (6.38%), Vitamin C: 4.23mg (5.13%), Fiber: 1.19g (4.76%), Vitamin A: 235.86IU (4.72%), Copper: 0.07mg (3.45%), Potassium: 107.89mg (3.08%), Vitamin B5: 0.29mg (2.91%), Vitamin B6: 0.05mg (2.64%), Magnesium: 9.96mg (2.49%), Vitamin E: 0.36mg (2.42%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.16µg (1.1%)