



Skinny Cranberry-Nut Bread

 Vegetarian

READY IN



145 min.

SERVINGS



32

CALORIES



125 kcal

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups flour whole wheat
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 0.5 cup maple syrup

- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons vanilla
- ☐ 2 egg whites
- ☐ 1 eggs
- ☐ 2 cups cranberries fresh thawed drained coarsely chopped (and)
- ☐ 0.5 cup pecans chopped toasted

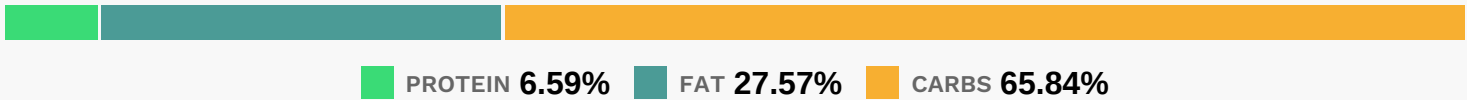
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans with shortening or cooking spray. In large bowl, mix flours, sugar, baking powder, salt, ginger and baking soda until well blended.
- ☐ In medium bowl, stir milk, maple syrup, oil, vanilla and eggs until well blended. Stir into flour mixture until well mixed. Stir in cranberries and pecans. Spoon batter evenly into pans.
- ☐ Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour. Wrap tightly and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:10.33, Inflammation Score:-1, Nutrition Score:4.0960869296737%

Flavonoids

Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 125.34kcal (6.27%), Fat: 3.93g (6.05%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 19.97g (7.26%), Sugar: 11.53g (12.81%), Cholesterol: 5.29mg (1.76%), Sodium: 116.07mg (5.05%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 2.11g (4.23%), Manganese: 0.51mg (25.31%), Selenium: 6.53µg (9.33%), Vitamin B2: 0.13mg (7.61%), Vitamin B1: 0.09mg (6.23%), Phosphorus: 46.56mg (4.66%), Fiber: 1.16g (4.63%), Vitamin E: 0.57mg (3.82%), Folate: 14.48µg (3.62%), Magnesium: 13.78mg (3.45%), Iron: 0.61mg (3.38%), Vitamin B3: 0.67mg (3.36%), Calcium: 33.36mg (3.34%), Copper: 0.06mg (2.9%), Zinc: 0.35mg (2.35%), Vitamin K: 2.16µg (2.06%), Vitamin B6: 0.04mg (1.94%), Potassium: 65.95mg (1.88%), Vitamin B5: 0.14mg (1.38%), Vitamin C: 0.89mg (1.08%)