



Texas Cranberry Jalapeno Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



489 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 4 oz regular butter melted
- ☐ 12 ounces cranberries coarsely chopped
- ☐ 3 eggs beaten
- ☐ 18 oz flour all-purpose
- ☐ 2 cups granulated sugar

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons jalapeno jelly (increase f “heat”)
- ☐ 0.5 cup brown sugar light
- ☐ 0.8 cup orange juice
- ☐ 1 cup pecans chopped
- ☐ 2 tablespoons mild salsa
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla

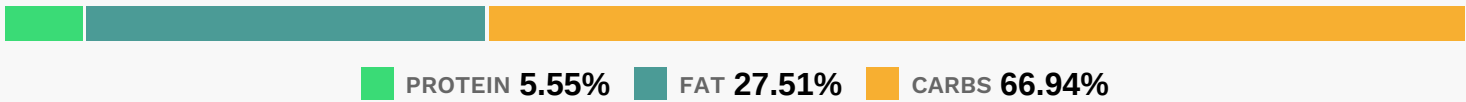
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees. Grease 2 large loaf pans or 6 small loaf pans.
- ☐ Mix dry ingredients, including nuts, in a large bowl.
- ☐ Combine wet ingredients and cranberries in a medium bowl. Make a well in the center of dry ingredients.
- ☐ Pour wet ingredients into the well and fold only until dry ingredients are moist.
- ☐ Mixture will be stiff. Do not over stir.
- ☐ Spread into pans and bake 70 minutes for large loaf pans or 30–35 minutes for small loaf pans. Reduce baking time 5–10 minutes for dark pans. Cool 10 minutes before removing from pans. Cool completely before wrapping and freezing.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:48.94, Inflammation Score:-6, Nutrition Score:11.659130257109%

Flavonoids

Cyanidin: 14.05mg, Cyanidin: 14.05mg, Cyanidin: 14.05mg, Cyanidin: 14.05mg Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 489.4kcal (24.47%), Fat: 15.27g (23.49%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 83.58g (27.86%), Net Carbohydrates: 80.51g (29.27%), Sugar: 47.17g (52.41%), Cholesterol: 61.24mg (20.41%), Sodium: 445.08mg (19.35%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 6.93g (13.86%), Manganese: 0.79mg (39.68%), Vitamin B1: 0.41mg (27.47%), Selenium: 18.59µg (26.56%), Folate: 90.24µg (22.56%), Vitamin B2: 0.29mg (17.21%), Iron: 2.74mg (15.23%), Vitamin C: 12.14mg (14.71%), Vitamin B3: 2.76mg (13.78%), Fiber: 3.07g (12.29%), Phosphorus: 122.28mg (12.23%), Copper: 0.2mg (10.08%), Calcium: 93.3mg (9.33%), Vitamin A: 385.25IU (7.7%), Magnesium: 26.24mg (6.56%), Vitamin E: 0.89mg (5.95%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.57mg (5.68%), Potassium: 173.52mg (4.96%), Vitamin B6: 0.09mg (4.33%), Vitamin K: 2.8µg (2.66%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.22µg (1.47%)