



Texas Jalapeno Cranberry Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

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

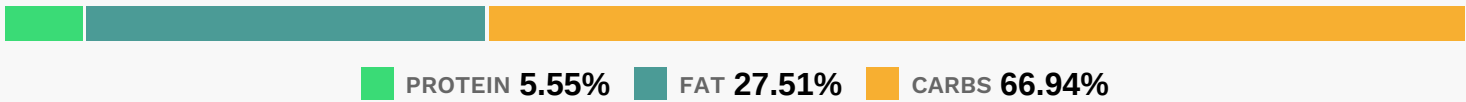
Equipment

- ☐ 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:17.96, Glycemic Load:24.47, Inflammation Score:-3, Nutrition Score:5.8286956522776%

Flavonoids

Cyanidin: 7.02mg, Cyanidin: 7.02mg, Cyanidin: 7.02mg, Cyanidin: 7.02mg Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 244.7kcal (12.24%), Fat: 7.63g (11.74%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 40.25g (14.64%), Sugar: 23.59g (26.21%), Cholesterol: 30.62mg (10.21%), Sodium: 222.54mg (9.68%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.46g (6.93%), Manganese: 0.4mg (19.84%), Vitamin B1: 0.21mg (13.74%), Selenium: 9.29µg (13.28%), Folate: 45.12µg (11.28%), Vitamin B2: 0.15mg (8.6%), Iron: 1.37mg (7.61%), Vitamin C: 6.07mg (7.36%), Vitamin B3: 1.38mg (6.89%), Fiber: 1.54g (6.14%), Phosphorus: 61.14mg (6.11%), Copper: 0.1mg (5.04%), Calcium: 46.65mg (4.67%), Vitamin A: 192.62IU (3.85%), Magnesium: 13.12mg (3.28%), Vitamin E: 0.45mg (2.97%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.28mg (2.84%), Potassium: 86.76mg (2.48%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 1.4µg (1.33%)