



Vegan Cranberry Quick Bread



Vegetarian



Vegan



Dairy Free

READY IN



65 min.

SERVINGS



3

CALORIES



756 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups all purpose flour whole wheat (I Used 1 cup All Purpose Flour And 1 cup Pastry Flour)
- ☐ 2 Teaspoons double-acting baking powder
- ☐ 1 cup cranberries dried fresh coarsely chopped (I Used Cranberries)
- ☐ 1 Teaspoon flax seed meal
- ☐ 0.5 cup orange juice freshly squeezed (I Used Orange Juice)
- ☐ 1 Teaspoon orange zest grated (I Omitted)
- ☐ 0.5 cup pecans coarsely chopped (I Used Pecans)
- ☐ 0.3 Teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 0.5 cup vegetable oil unsweetened (I Used)
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Grease and flour a 9×5 inch loaf pan. In a large bowl sift together the flour, baking powder and salt. Also add the cranberries, sugar and nuts and combine it thoroughly. If using dried cranberries, add a tablespoon of flour to the dried berries and stir it well before adding it to the flour mixture. Otherwise all the berries will stick to each other and settle at the bottom of the bread.
- ☐ Whisk/blend together the flax seed meal and water until white and foamy. I used Magic Bullet to blend it. In a small bowl, mix together the flax seed mixture, orange zest, orange juice, oil and applesauce (if using). Stir the wet ingredients into the dry ingredients and mix until just blended. I felt that the batter was thick, so I added another 2 tablespoons of orange juice. You can also dilute it with water or any type of milk. Do not over-mix. Few lumps should be fine, it would dissolve while baking.
- ☐ Pour the batter into the prepared pan and bake for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. I checked mine for doneness around 48 minutes and the toothpick came out clean. I removed the pan out of the oven after 50 minutes. Cool the loaf for 15 minutes before removing it from the pan. Finish cooling the loaf on a wire rack.

Nutrition Facts



Properties

Glycemic Index:85.36, Glycemic Load:37.85, Inflammation Score:-7, Nutrition Score:24.958695577539%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 755.78kcal (37.79%), Fat: 16.09g (24.75%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 153.35g (51.12%), Net Carbohydrates: 140.11g (50.95%), Sugar: 87.58g (97.31%), Cholesterol: 0mg (0%), Sodium: 483.01mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.59%), Manganese: 4.21mg (210.67%), Selenium: 51.02µg (72.88%), Fiber: 13.23g (52.93%), Phosphorus: 411.06mg (41.11%), Vitamin B1: 0.59mg (39.08%), Magnesium: 142.65mg (35.66%), Copper: 0.62mg (30.82%), Vitamin C: 22.26mg (26.99%), Vitamin B3: 4.63mg (23.13%), Iron: 4.04mg (22.43%), Calcium: 210.4mg (21.04%), Vitamin B6: 0.41mg (20.55%), Zinc: 3.01mg (20.1%), Potassium: 505.85mg (14.45%), Folate: 53.6µg (13.4%), Vitamin B2: 0.2mg (11.92%), Vitamin E: 1.76mg (11.71%), Vitamin B5: 0.83mg (8.32%), Vitamin K: 5.5µg (5.24%), Vitamin A: 114.63IU (2.29%)