



Whole Wheat-Cranberry Bread

 Dairy Free

READY IN



285 min.

SERVINGS



8

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup water
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon butter softened
- ☐ 1.3 cups bread flour for bread flour
- ☐ 0.8 cup flour whole wheat
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon mace
- ☐ 1.3 teaspoons bread machine yeast

- ☐ 0.3 cup golden raisins dried
- ☐ 1 cup water
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter softened
- ☐ 2 cups bread flour for bread flour
- ☐ 1.3 cups flour whole wheat
- ☐ 1.5 teaspoons salt
- ☐ 0.8 teaspoon mace
- ☐ 2 teaspoons bread machine yeast
- ☐ 0.5 cup golden raisins dried

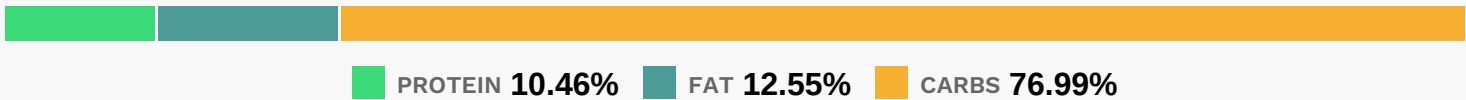
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Make 1 1/2-Pound Recipe with bread machines that use 3 cups flour, or make 1-Pound Recipe with bread machines that use 2 cups flour.
- ☐ Measure carefully, placing all ingredients except cranberries in bread machine pan in the order recommended by the manufacturer.
- ☐ Add cranberries at the raisin/nut signal or 5 to 10 minutes before last kneading cycle ends.
- ☐ Select Whole Wheat or Basic/White cycle. Use Medium or Light crust color.
- ☐ Do not use delay cycles.
- ☐ Remove baked bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:43.98, Glycemic Load:37.13, Inflammation Score:-5, Nutrition Score:15.078260768367%

Flavonoids

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 424.54kcal (21.23%), Fat: 6.12g (9.42%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 84.49g (28.16%), Net Carbohydrates: 78.83g (28.67%), Sugar: 22.23g (24.7%), Cholesterol: 0mg (0%), Sodium: 784.09mg (34.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Manganese: 1.69mg (84.67%), Selenium: 39.1µg (55.86%), Vitamin B1: 0.41mg (27.6%), Fiber: 5.65g (22.61%), Folate: 77.83µg (19.46%), Phosphorus: 188.6mg (18.86%), Magnesium: 61.58mg (15.4%), Vitamin B3: 3mg (14.98%), Copper: 0.3mg (14.98%), Vitamin B2: 0.2mg (11.65%), Vitamin B6: 0.22mg (11.22%), Iron: 1.96mg (10.88%), Zinc: 1.47mg (9.78%), Potassium: 303.23mg (8.66%), Vitamin B5: 0.71mg (7.1%), Vitamin E: 0.6mg (3.98%), Vitamin A: 193.51IU (3.87%), Calcium: 31.58mg (3.16%), Vitamin K: 1.26µg (1.2%)