

Cranberry Orange Bread

Ingredients:

2 cup whole wheat flour
3/4 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
3/4 cup orange juice
1 tablespoon orange zest
2 tablespoons coconut oil or butter
1 egg, well beaten
1 1/2 cups cranberries, coarsely chopped
1/2 cup chopped nuts

Directions:

1. Preheat oven to 350°F. Grease 9x5 loaf pan.
2. Mix flour, sugar, baking powder, salt, and baking soda.
3. Stir in orange juice, zest, coconut oil, and egg until well blended. Stir in cranberries and nuts. Spread evenly into loaf pan.
4. Bake for 55 minutes or until a toothpick inserted in center comes out clean. Cool for 15 minutes and remove from pan to cool completely.

Nutrition Facts

Serving Size 1 slice (55g)
Servings Per Container 16

Amount Per Serving

Calories 140 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 3g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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