

3 C Bread

 Vegetarian

READY IN



50 min.

SERVINGS



20

CALORIES



209 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup candied cherries quartered
- 2 cups carrots shredded
- 1.5 cups coconut flakes flaked
- 3 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.5 cup milk
- 0.5 cup pecans chopped
- 0.5 cup raisins
- 0.5 teaspoon salt
- 1 cup sugar
- 0.5 cup vegetable oil

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the first six ingredients. In a small bowl, combine the eggs, milk and oil. Stir into dry ingredients just until moistened. Fold in the carrots, coconut, cherries, raisins and pecans.
- Pour into four greased 5-3/4-in. x 3-in. x 2-in. loaf pans.
- Bake at 350° for 40-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Cover and store in the refrigerator.

Nutrition Facts



PROTEIN 6.64% **FAT 34.57%** **CARBS 58.79%**

Properties

Glycemic Index:19.79, Glycemic Load:17.71, Inflammation Score:-8, Nutrition Score:7.6121739252754%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.52kcal (10.43%), Fat: 8.24g (12.67%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 29.1g (10.58%), Sugar: 13.5g (15%), Cholesterol: 25.28mg (8.43%), Sodium: 158.38mg (6.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin A: 2185.71IU (43.71%), Manganese: 0.45mg (22.61%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.16mg (10.87%), Fiber: 2.42g (9.68%), Folate: 35.42µg (8.85%), Vitamin B2: 0.14mg (8.33%), Iron: 1.29mg (7.16%), Phosphorus: 68.43mg (6.84%), Copper: 0.13mg (6.43%), Vitamin B3: 1.17mg (5.86%), Potassium: 152.31mg (4.35%), Magnesium: 16.74mg (4.18%), Vitamin K: 3.92µg (3.74%), Vitamin B6: 0.07mg (3.57%), Calcium: 35.24mg (3.52%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.32mg (2.16%), Vitamin B12: 0.09µg (1.53%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.08mg (1.31%)