



Add Ins Bread

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



9

CALORIES



1936 kcal

BREAD

Ingredients

- 9 servings apples grated
- 9 servings apple sauce
- 9 servings apricots chopped
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 9 servings banana mashed
- 9 servings carrots grated
- 9 servings cherries pitted chopped

- 3 teaspoons cinnamon (optional depending on 'add ins' you use)
- 9 servings dates chopped
- 9 servings eggplant
- 3 eggs
- 9 servings figs chopped
- 3 cups flour
- 2 cups fruit
- 1 cup jam
- 1 cup jam
- 9 servings mincemeat
- 1 cup nuts chopped
- 9 servings cranberry-orange relish chopped
- 9 servings peaches
- 9 servings pineapple crushed drained well
- 9 servings pumpkin
- 9 servings raisins
- 9 servings raspberries
- 9 servings rhubarb
- 1 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 9 servings yam cooked mashed
- 9 servings zucchini grated drained

Equipment

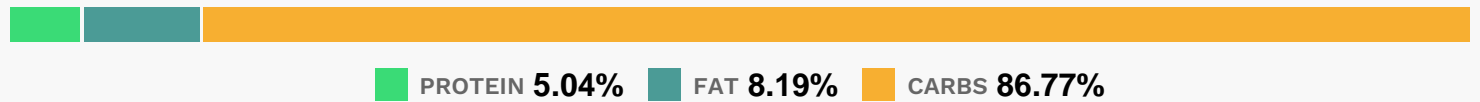
- bowl
- oven
- loaf pan

aluminum foil

Directions

- Sift dry ingredients; set aside. Beat eggs in a large bowl.
- Add oil and sugar; cream well.
- Add 'add ins' and vanilla.
- Add dry ingredients.
- Mix well.
- Add nuts.Spoon into 2 well greased loaf pans.
- Bake in preheated oven at 325 degrees for 1 hour.*Makes 2 Large Loafs -- but at Holiday time, I use the small foil pans for gifts -- usually 5 at a time!

Nutrition Facts



Properties

Glycemic Index:122.23, Glycemic Load:200.96, Inflammation Score:-10, Nutrition Score:61.400869317677%

Flavonoids

Cyanidin: 74.38mg, Cyanidin: 74.38mg, Cyanidin: 74.38mg, Cyanidin: 74.38mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg, Delphinidin: 1.65mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.97mg, Pelargonidin: 0.97mg, Pelargonidin: 0.97mg, Pelargonidin: 0.97mg Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg Catechin: 25.77mg, Catechin: 25.77mg, Catechin: 25.77mg, Catechin: 25.77mg Epigallocatechin: 2.47mg, Epigallocatechin: 2.47mg, Epigallocatechin: 2.47mg, Epigallocatechin: 2.47mg Epicatechin: 24.56mg, Epicatechin: 24.56mg, Epicatechin: 24.56mg, Epicatechin: 24.56mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg, Quercetin: 13.54mg

Nutrients (% of daily need)

Calories: 1935.78kcal (96.79%), Fat: 18.49g (28.45%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 440.56g (146.85%), Net Carbohydrates: 391.35g (142.31%), Sugar: 204.02g (226.69%), Cholesterol: 54.56mg (18.19%), Sodium: 579.33mg (25.19%), Alcohol: 0.15g (100%), Protein: 25.58g (51.16%), Vitamin C: 225.55mg (273.39%), Vitamin A: 12755.42IU (255.11%), Manganese: 4.64mg (232.06%), Fiber: 49.2g (196.82%), Potassium: 6094.24mg (174.12%), Vitamin B6: 2.42mg (121.07%), Copper: 1.91mg (95.53%), Vitamin B1: 1.31mg (87.14%), Folate: 323.67µg (80.92%), Magnesium: 287.55mg (71.89%), Vitamin K: 66.28µg (63.13%), Phosphorus: 620.66mg (62.07%), Vitamin B2: 1mg (58.75%), Vitamin B3: 10.98mg (54.92%), Iron: 9.74mg (54.12%), Selenium: 30.72µg (43.89%), Vitamin B5: 4.15mg (41.5%), Calcium: 347.82mg (34.78%), Vitamin E: 5.16mg (34.4%), Zinc: 3.76mg (25.04%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)