



Almond-Apricot Loaf



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



14

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon almonds sliced
- ☐ 0.7 cup apple cider
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup apricots dried chopped
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.7 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt in a bowl; stir with a whisk.
- ☐ Combine 1 cup sugar, oil, egg, and orange rind in a bowl; stir well. Gradually add cider to sugar mixture, stirring well.
- ☐ Add flour mixture, stirring just until moist. Stir in apricots.
- ☐ Pour into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle top with 2 teaspoons sugar and almonds.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove loaf from pan, and let cool completely on wire rack.

Nutrition Facts



 **PROTEIN 5.97%**  **FAT 24.44%**  **CARBS 69.59%**

Properties

Glycemic Index:27.95, Glycemic Load:18.14, Inflammation Score:-2, Nutrition Score:4.7034783039404%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 176.75kcal (8.84%), Fat: 4.93g (7.58%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 30.27g (11.01%), Sugar: 17.66g (19.62%), Cholesterol: 13.29mg (4.43%), Sodium: 132.39mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Manganese: 0.35mg (17.36%), Selenium: 8.87µg (12.66%), Vitamin B1: 0.13mg (8.55%), Vitamin K: 7.41µg (7.06%), Folate: 26.69µg (6.67%), Vitamin B2: 0.1mg (5.88%), Phosphorus: 56.2mg (5.62%), Iron: 1mg (5.56%), Vitamin B3: 1.11mg (5.53%), Fiber: 1.3g (5.21%), Vitamin E: 0.72mg (4.82%), Magnesium: 14.54mg (3.63%), Calcium: 36.07mg (3.61%), Copper: 0.06mg (3.19%), Vitamin A: 132.67IU (2.65%), Potassium: 91.9mg (2.63%), Vitamin B6: 0.04mg (2.12%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.17mg (1.68%)