



Amish Friendship Bread III



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



236 kcal

BREAD

Ingredients

- ☐ 2 apples cored peeled finely chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup amish friendship bread starter
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 0.7 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

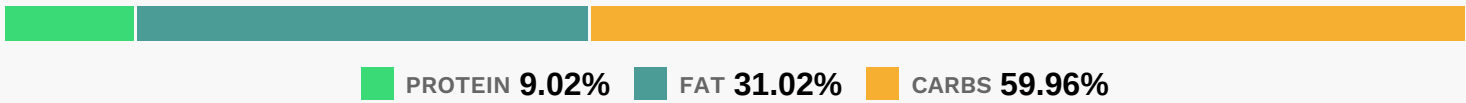
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans. Sift together flour, sugar, baking powder, cinnamon, baking soda and salt, set aside
- ☐ In a large mixing bowl, stir together the Amish Friendship Starter, eggs, oil and vanilla. Gradually stir in the sifted ingredients until just blended. Finally stir in the chopped nuts and apples. Divide the batter evenly between the two prepared pans.
- ☐ Bake at 350 degrees for 50 minutes, or until a toothpick inserted into the center of a loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:22.19, Inflammation Score:-3, Nutrition Score:7.3726087290308%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg,

Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 236.09kcal (11.8%), Fat: 8.27g (12.73%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 33.84g (12.31%), Sugar: 16.06g (17.84%), Cholesterol: 30.69mg (10.23%), Sodium: 349.3mg (15.19%), Alcohol: 0.28g (100%), Alcohol %: 0.38% (100%), Protein: 5.41g (10.83%), Manganese: 0.58mg (28.91%), Selenium: 12.53µg (17.9%), Vitamin B1: 0.22mg (14.38%), Folate: 52.9µg (13.22%), Vitamin B2: 0.17mg (10.13%), Iron: 1.72mg (9.56%), Vitamin B3: 1.86mg (9.32%), Phosphorus: 91.21mg (9.12%), Copper: 0.17mg (8.75%), Fiber: 2.15g (8.6%), Calcium: 65.54mg (6.55%), Magnesium: 23.53mg (5.88%), Vitamin K: 4.89µg (4.66%), Vitamin B6: 0.09mg (4.32%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.37mg (3.73%), Potassium: 107.93mg (3.08%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.18mg (1.43%), Vitamin B12: 0.07µg (1.22%), Vitamin A: 59.15IU (1.18%), Vitamin D: 0.17µg (1.1%)