



## Amish Friendship Chocolate Bread

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



302 kcal

BREAD

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup amish friendship bread starter
- 3 eggs
- 2 cups flour all-purpose
- 5.9 ounce chocolate pudding mix instant
- 0.5 cup milk
- 1 teaspoon salt

- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 1 cup sugar white

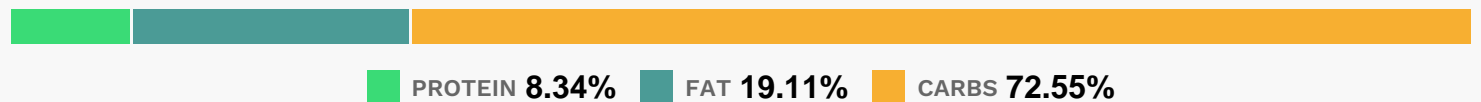
## Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- loaf pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- In a large mixing bowl, stir together all-purpose flour, sugar, baking powder, baking soda, salt, chocolate pudding. Make a well in the center of this mixture.
- Add Amish friendship bread starter, vegetable oil, milk, eggs and vanilla extract; mix well.
- Pour batter into prepared loaf pans.
- Bake in preheated oven until a toothpick inserted into center of the loaf comes out clean, about 60 minutes. Cool on a wire rack for 10 minutes before removing from pan.

## Nutrition Facts



## Properties

Glycemic Index:27.81, Glycemic Load:28.48, Inflammation Score:-3, Nutrition Score:7.9826087454415%

## Nutrients (% of daily need)

Calories: 301.88kcal (15.09%), Fat: 6.42g (9.88%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 53g (19.27%), Sugar: 27.85g (30.94%), Cholesterol: 42.14mg (14.05%), Sodium: 604.92mg (26.3%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 6.3g (12.6%), Selenium: 16.76µg (23.94%),

Manganese: 0.43mg (21.69%), Vitamin B1: 0.26mg (17.07%), Folate: 60.47µg (15.12%), Vitamin B2: 0.23mg (13.41%), Vitamin B3: 2.39mg (11.93%), Iron: 2.11mg (11.75%), Phosphorus: 100.99mg (10.1%), Calcium: 77.81mg (7.78%), Vitamin K: 7.98µg (7.6%), Fiber: 1.85g (7.42%), Copper: 0.12mg (5.91%), Magnesium: 21.66mg (5.41%), Vitamin B5: 0.46mg (4.63%), Zinc: 0.62mg (4.16%), Potassium: 114.38mg (3.27%), Vitamin E: 0.48mg (3.18%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.33µg (2.21%), Vitamin A: 76.26IU (1.53%)