



Apple Bread



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



250 kcal

BREAD

Ingredients

- ☐ 3 pound apples (12 to 14 apples)
- ☐ 1 teaspoon baking soda
- ☐ 3 large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

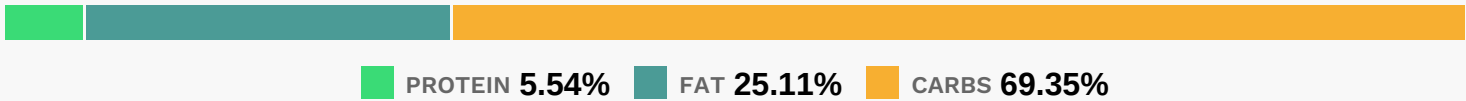
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Peel and finely chop enough apples to equal 3 cups. Set aside.
- ☐ Stir together sugar and next 3 ingredients in a large bowl.
- ☐ Stir together flour and next 3 ingredients; add to sugar mixture, stirring just until blended. (Batter will be stiff.) Fold in finely chopped apples and 1 cup pecans.
- ☐ Divide batter evenly between 2 greased and floured 9- x 5-inch loaf pans.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:26.82, Inflammation Score:-3, Nutrition Score:5.9982609334199%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 249.93kcal (12.5%), Fat: 7.18g (11.05%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 41.87g (15.23%), Sugar: 27.39g (30.43%), Cholesterol: 27.9mg (9.3%), Sodium: 124.82mg (5.43%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 3.57g (7.13%), Manganese: 0.44mg (21.79%), Vitamin B1: 0.2mg (13.19%), Selenium: 8.99µg (12.85%), Fiber: 2.77g (11.07%), Folate: 41.09µg (10.27%), Vitamin B2: 0.16mg (9.17%), Iron: 1.25mg (6.94%), Vitamin B3: 1.24mg (6.21%), Copper: 0.12mg (5.93%), Phosphorus: 57.83mg (5.78%), Vitamin K: 5.84µg (5.56%), Vitamin C: 3.2mg (3.88%), Magnesium: 15.19mg (3.8%), Potassium: 127.43mg (3.64%), Zinc: 0.51mg (3.39%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.04%), Vitamin B5: 0.29mg (2.86%), Calcium: 17.19mg (1.72%), Vitamin A: 80.88IU (1.62%), Vitamin B12: 0.07µg (1.11%)