



Apple Butter Bread

 Vegetarian

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

361 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.3 cups spiced apple butter
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

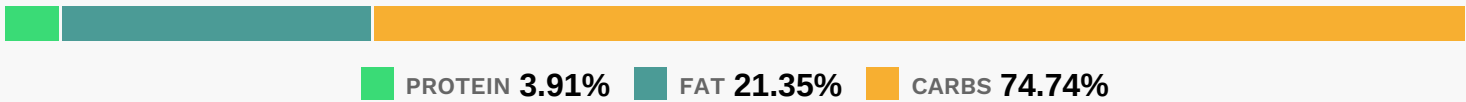
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 8x4x2-inch loaf pan.
- ☐ Mix flour, baking soda, baking powder, salt, nutmeg, and cloves in a bowl.
- ☐ Beat the butter and sugar with an electric mixer in a separate large bowl until smooth.
- ☐ Add the egg and apple butter; continue beating until smooth.
- ☐ Mix in the flour mixture until just incorporated. Fold in the raisins and walnuts; mixing just enough to evenly combine.
- ☐ Pour into prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 40 to 50 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:51.99, Glycemic Load:34.3, Inflammation Score:-3, Nutrition Score:5.7386956085329%

Nutrients (% of daily need)

Calories: 361.26kcal (18.06%), Fat: 8.74g (13.44%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 68.84g (22.95%), Net Carbohydrates: 66.88g (24.32%), Sugar: 40.63g (45.14%), Cholesterol: 40.8mg (13.6%), Sodium: 353.13mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Manganese: 0.37mg (18.35%), Selenium: 10.12µg (14.45%), Vitamin B1: 0.2mg (13.42%), Folate: 46.58µg (11.65%), Vitamin B2: 0.17mg (10.23%), Iron: 1.61mg (8.94%), Fiber: 1.96g (7.83%), Vitamin B3: 1.53mg (7.64%), Vitamin A: 275.98IU (5.52%), Phosphorus: 54.6mg (5.46%), Copper: 0.1mg (5.19%), Potassium: 151.46mg (4.33%), Calcium: 33.23mg (3.32%), Magnesium: 10.95mg (2.74%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.32mg (2.13%), Zinc: 0.29mg (1.96%), Vitamin K: 1.23µg (1.18%), Vitamin B12: 0.06µg (1.08%)