

Apple Butter Bread

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



409 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
- ☐ 0.5 cup walnuts chopped

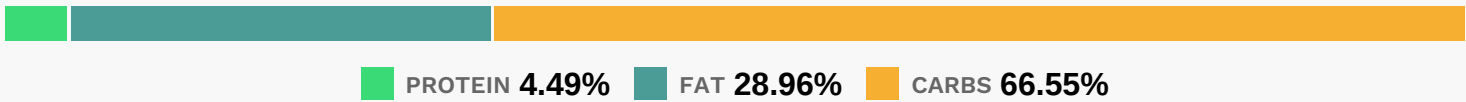
Equipment

- ☐ 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:54.49, Glycemic Load:34.4, Inflammation Score:-4, Nutrition Score:7.3930434766023%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 409.08kcal (20.45%), Fat: 13.51g (20.78%), Saturated Fat: 5.59g (34.95%), Carbohydrates: 69.84g (23.28%), Net Carbohydrates: 67.39g (24.51%), Sugar: 40.82g (45.36%), Cholesterol: 40.8mg (13.6%), Sodium: 353.27mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Manganese: 0.62mg (30.83%), Vitamin B1: 0.23mg (15.08%), Selenium: 10.48µg (14.96%), Folate: 53.75µg (13.44%), Copper: 0.22mg (11%), Vitamin B2: 0.18mg (10.88%), Iron: 1.82mg (10.12%), Fiber: 2.45g (9.79%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 79.9mg (7.99%), Magnesium: 22.5mg (5.63%), Vitamin A: 277.45IU (5.55%), Potassium: 183.7mg (5.25%), Vitamin B6: 0.09mg (4.65%), Calcium: 40.39mg (4.04%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.43µg (1.36%), Vitamin B12: 0.06µg (1.08%), Vitamin C: 0.85mg (1.03%)