



Apple Cheese Quick Bread

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



570 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 2 eggs
- 1 cup flour all-purpose
- 2 granny smith apples shredded cored peeled
- 0.3 cup honey
- 0.5 teaspoon salt

- 4 ounces swiss cheese shredded
- 0.5 cup walnuts chopped
- 0.3 cup sugar white
- 1 cup flour whole wheat

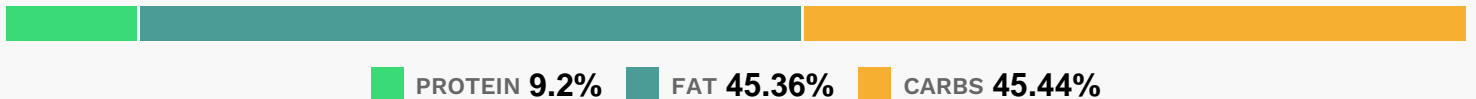
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the honey and eggs. In a separate bowl, sift together the whole wheat flour, all-purpose flour, baking powder, soda and salt.
- Add the flour mixture to the butter and egg mixture; mix until combined. Fold in the apple, cheese and walnuts. Spoon batter into prepared pan.
- Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Turn the loaf out onto a wire rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:69.73, Glycemic Load:29.95, Inflammation Score:-6, Nutrition Score:16.378260799076%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 570.41kcal (28.52%), Fat: 29.8g (45.84%), Saturated Fat: 14.35g (89.72%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 62.31g (22.66%), Sugar: 33.32g (37.02%), Cholesterol: 112.81mg (37.6%), Sodium: 535.56mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Manganese: 1.33mg (66.54%), Selenium: 30.5µg (43.57%), Phosphorus: 291.73mg (29.17%), Calcium: 244.61mg (24.46%), Vitamin B1: 0.32mg (21.09%), Fiber: 4.85g (19.4%), Vitamin B2: 0.31mg (18.02%), Folate: 67.84µg (16.96%), Copper: 0.31mg (15.53%), Vitamin A: 745.3IU (14.91%), Magnesium: 59.36mg (14.84%), Iron: 2.49mg (13.82%), Zinc: 2.07mg (13.78%), Vitamin B12: 0.73µg (12.22%), Vitamin B3: 2.44mg (12.19%), Vitamin B6: 0.21mg (10.55%), Potassium: 251.19mg (7.18%), Vitamin E: 1.04mg (6.92%), Vitamin B5: 0.64mg (6.44%), Vitamin C: 3.01mg (3.65%), Vitamin K: 3.67µg (3.5%), Vitamin D: 0.29µg (1.96%)