



Apple Cinnamon Oatmeal Bread

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup chunky applesauce
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 packets apple cinnamon oatmeal instant (single serving size)
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour a 9x5 inch loaf pan.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy.
- ☐ Mix in applesauce, cinnamon and one packet oatmeal. Stir in the eggs one at a time, beating well with each addition.
- ☐ Mix in the baking soda and flour.
- ☐ Pour batter into prepared pan and sprinkle with remaining packet of oatmeal.
- ☐ Bake in preheated oven for 60 minutes, until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:40.54, Inflammation Score:-4, Nutrition Score:6.7439130855643%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 349.36kcal (17.47%), Fat: 9.53g (14.66%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 60.64g (22.05%), Sugar: 37.28g (41.42%), Cholesterol: 74.9mg (24.97%), Sodium: 265.87mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Selenium: 15.53µg (22.19%), Vitamin B1:

0.26mg (17.49%), Folate: 65.62µg (16.41%), Manganese: 0.32mg (15.81%), Vitamin B2: 0.24mg (14.32%), Iron: 1.86mg (10.34%), Vitamin B3: 1.9mg (9.51%), Phosphorus: 67.45mg (6.75%), Vitamin A: 329.01IU (6.58%), Fiber: 1.56g (6.26%), Vitamin B5: 0.39mg (3.91%), Copper: 0.07mg (3.53%), Vitamin E: 0.47mg (3.13%), Zinc: 0.44mg (2.94%), Magnesium: 10.36mg (2.59%), Potassium: 89.22mg (2.55%), Vitamin B6: 0.05mg (2.54%), Vitamin B12: 0.15µg (2.44%), Calcium: 22.16mg (2.22%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.17µg (1.11%)