



Apple Quick Bread with Pecan Streusel

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs at room temperature
- 2 cups flour all-purpose
- 2 cups apples i use 2 granny smith apples peeled (from 2 medium apples)
- 0.5 cup granulated sugar
- 0.5 teaspoon ground allspice
- 2 teaspoons ground cinnamon

- 0.5 cup brown sugar light packed
- 0.3 cup pecans finely chopped
- 0.5 teaspoon salt fine
- 8 servings butter unsalted for coating the pan
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil

Equipment

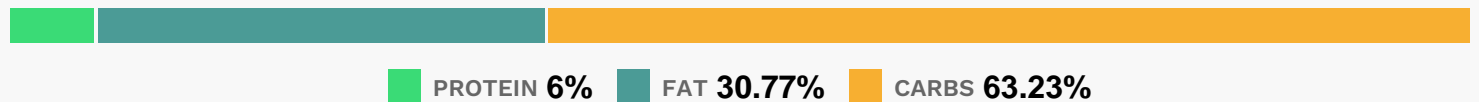
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Place all of the ingredients except the butter in a medium bowl and stir to combine.
- Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-5-inch loaf pan with butter; set aside.
- Place the flour, cinnamon, baking powder, baking soda, allspice, and salt in a large bowl and whisk to aerate and break up any lumps. Set aside.
- Place the eggs, oil, sugars, and vanilla in a medium bowl and whisk until the eggs are broken up and the mixture is thoroughly combined.
- Add the egg mixture to the flour mixture and stir until the flour is just incorporated and no white streaks remain (be careful not to overmix). Fold in the apples until just evenly combined. Scrape the batter into the prepared loaf pan, pushing it to the corners and smoothing the top.

- Remove the streusel from the refrigerator and, using your hands, sprinkle it evenly over the top, then lightly press it into the batter.
- Bake until the bread is golden brown and a toothpick inserted into the center comes out clean, about 45 minutes.
- Place the pan on a wire rack to cool for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.
- Let cool for at least 30 minutes more before slicing.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:27.34, Inflammation Score:-4, Nutrition Score:8.1108695994253%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 345.01kcal (17.25%), Fat: 11.98g (18.42%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 53.2g (19.35%), Sugar: 29.39g (32.66%), Cholesterol: 57.25mg (19.08%), Sodium: 316.65mg (13.77%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.25g (10.51%), Manganese: 0.47mg (23.44%), Selenium: 14.86µg (21.23%), Vitamin B1: 0.28mg (18.44%), Folate: 65.04µg (16.26%), Vitamin B2: 0.23mg (13.44%), Iron: 2.03mg (11.25%), Vitamin B3: 1.95mg (9.74%), Phosphorus: 89.18mg (8.92%), Fiber: 2.18g (8.74%), Vitamin K: 8.95µg (8.52%), Calcium: 78.52mg (7.85%), Copper: 0.11mg (5.53%), Vitamin E: 0.71mg (4.74%), Vitamin A: 213.21IU (4.26%), Vitamin B5: 0.4mg (4%), Magnesium: 15.75mg (3.94%), Zinc: 0.55mg (3.69%), Potassium: 120.93mg (3.46%), Vitamin B6: 0.06mg (3.06%), Vitamin D: 0.32µg (2.17%), Vitamin B12: 0.12µg (2%), Vitamin C: 1.54mg (1.87%)