



Apple Raisin Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



325 kcal

BREAD

Ingredients

- 1.5 cups apples grated
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.7 cup brown sugar packed
- 2 eggs
- 1.5 cups flour all-purpose
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.3 cup milk
- 0.3 cup raisins
- 1 cup rolled oats
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup walnuts chopped

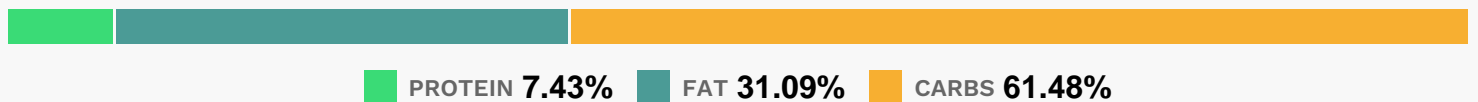
Equipment

- bowl
- oven
- wire rack
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 1/2 x 4 1/2 inch loaf pan.
- In a large bowl, combine flour, baking powder, baking soda, salt, cinnamon, nutmeg, brown sugar, and oats.
- Add apple, nuts, raisins, eggs, milk, and oil.
- Mix until dry ingredients are moistened.
- Bake for 55 to 60 minutes, or until done. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:53.85, Glycemic Load:18.5, Inflammation Score:-3, Nutrition Score:9.6699999881827%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg,
Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 325.06kcal (16.25%), Fat: 11.47g (17.64%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 51.02g (17.01%),
Net Carbohydrates: 48.06g (17.48%), Sugar: 20.91g (23.24%), Cholesterol: 41.83mg (13.94%), Sodium: 457.23mg
(19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Manganese: 0.75mg (37.26%),
Selenium: 14.84µg (21.19%), Vitamin B1: 0.26mg (17.41%), Folate: 55.98µg (13.99%), Phosphorus: 137.95mg (13.8%),
Vitamin K: 13.57µg (12.92%), Vitamin B2: 0.21mg (12.49%), Iron: 2.23mg (12.42%), Fiber: 2.95g (11.81%), Calcium:
107.99mg (10.8%), Copper: 0.17mg (8.51%), Vitamin B3: 1.65mg (8.26%), Magnesium: 31.92mg (7.98%), Zinc: 0.85mg
(5.67%), Potassium: 193.18mg (5.52%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.48mg (4.76%), Vitamin B6: 0.09mg
(4.48%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.3µg (2.03%), Vitamin A: 86.13IU (1.72%), Vitamin C: 1.38mg
(1.68%)