



WHATSheATE



Apple Streusel Bread



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



202 kcal

BREAD

Ingredients

- ☐ 0.5 can of 21 oz can apple pie filling canned (Lucky Leaf Premium)
- ☐ 0.5 cup apple sauce
- ☐ 1.3 cups d baking mix light (I used Bisquick)
- ☐ 0.3 cup brown sugar divided packed ()
- ☐ 0.3 cup cooking oil
- ☐ 2 large eggs beaten
- ☐ 0.3 cup flour
- ☐ 1 teaspoons pumpkin pie spice

☐ 0.3 cup walnuts chopped

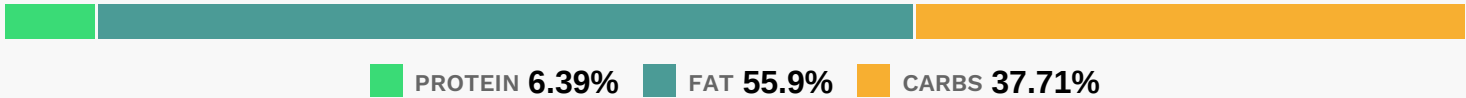
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Spray a loaf pan with flour-added baking spray. In a large bowl combine baking mix, flour, and spice. In another large bowl combine eggs, apple pie filling, apple sauce, 1/4 cup of the brown sugar, and oil.
- ☐ Add to flour mixture. Stir just until moistened.
- ☐ Pour into pan. Top with remaining brown sugar and nuts (if using).
- ☐ Bake for 55 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on wire rack for 10 minutes.
- ☐ Remove from pan and cool completely on wire rack. Wrap and store overnight for easier slicing. Makes 1 loaf

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.77, Inflammation Score:-2, Nutrition Score:4.8369565295136%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 201.77kcal (10.09%), Fat: 12.7g (19.54%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.52g (6.73%), Sugar: 8.37g (9.3%), Cholesterol: 37.5mg (12.5%), Sodium: 207.63mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Phosphorus: 122.11mg (12.21%), Manganese: 0.21mg (10.66%), Vitamin E: 1.48mg (9.85%), Vitamin B1: 0.13mg (8.55%), Folate: 32.5µg (8.13%), Vitamin B2: 0.14mg (7.94%), Selenium: 5.52µg (7.88%), Vitamin K: 6.54µg (6.22%), Iron: 0.93mg (5.15%), Vitamin B3: 0.93mg (4.63%), Copper: 0.09mg (4.41%), Calcium: 42.2mg (4.22%), Vitamin B5: 0.33mg (3.29%), Fiber: 0.76g (3.04%), Magnesium: 11.39mg (2.85%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.15µg (2.46%), Zinc: 0.34mg (2.28%), Potassium: 72.18mg (2.06%), Vitamin D: 0.2µg (1.33%), Vitamin A: 59.26IU (1.19%)