

Apple Walnut Bread



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



345 kcal

BREAD

Ingredients

- ☐ 3 cups apples cored cubed peeled
- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 0.8 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 1.8 cups sugar white
- ☐ 1 cup flour whole wheat

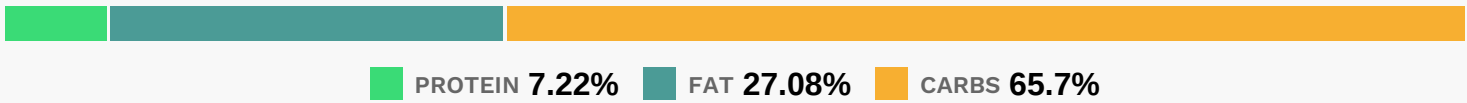
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ In a large bowl, stir together oil, applesauce, eggs, sugar and vanilla extract. In a separate bowl, sift together flour cinnamon, baking soda and salt. Gradually stir flour mixture into wet ingredients, mixing just until combined. Fold in apples and walnuts.
- ☐ Pour batter into prepared pans.
- ☐ Bake in preheated oven for 70 minutes, until a knife inserted in the center of a loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:33.14, Inflammation Score:-4, Nutrition Score:9.5934781406237%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg 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: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 345.47kcal (17.27%), Fat: 10.74g (16.52%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 55.44g (20.16%), Sugar: 33.27g (36.97%), Cholesterol: 40.92mg (13.64%), Sodium: 302.17mg (13.14%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 6.44g (12.88%), Manganese: 0.93mg (46.42%), Selenium: 17.29µg (24.71%), Vitamin B1: 0.26mg (17.21%), Folate: 58.35µg (14.59%), Fiber: 3.18g (12.72%), Copper: 0.25mg (12.34%), Vitamin B2: 0.2mg (11.76%), Phosphorus: 117.53mg (11.75%), Iron: 1.88mg (10.46%), Vitamin B3: 1.88mg (9.4%), Magnesium: 36.87mg (9.22%), Vitamin B6: 0.14mg (6.77%), Vitamin K: 6.32µg (6.02%), Zinc: 0.87mg (5.8%), Potassium: 155.8mg (4.45%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.56mg (3.72%), Calcium: 26.44mg (2.64%), Vitamin C: 1.62mg (1.97%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 81.09IU (1.62%), Vitamin D: 0.22µg (1.47%)