

Taste of Home

Applesauce Bread

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



349 kcal

BREAD

Ingredients

- 0.3 cup butter softened
- 1 cup sugar
- 1 eggs
- 1.3 cups apple sauce
- 1.5 cups flour all-purpose
- 0.8 teaspoon baking soda
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon double-acting baking powder

- 0.5 teaspoon salt
- 0.5 teaspoon nutmeg
- 0.1 teaspoon ground cloves
- 0.5 cup raisins
- 0.5 cup walnut pieces chopped

Equipment

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

Directions

- In a large bowl, cream butter and sugar.
- Add the egg and applesauce; mix well.
- Combine the flour, baking soda, cinnamon, baking powder, salt, nutmeg and cloves. Stir into creamed mixture just until moistened. Fold in raisins and nuts.
- Pour into a greased 8x4-in. loaf pan.
- Bake at 350° for 60–65 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



PROTEIN 5.11% FAT 33.4% CARBS 61.49%

Properties

Glycemic Index:55.11, Glycemic Load:34.41, Inflammation Score:-4, Nutrition Score:7.0373913257018%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 349.24kcal (17.46%), Fat: 13.41g (20.63%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 53.26g (19.37%), Sugar: 28.85g (32.06%), Cholesterol: 40.8mg (13.6%), Sodium: 347.36mg (15.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Manganese: 0.5mg (25.07%), Vitamin B1: 0.23mg (15.48%), Selenium: 10.42µg (14.88%), Folate: 54.46µg (13.61%), Vitamin B2: 0.19mg (11.06%), Iron: 1.79mg (9.92%), Copper: 0.2mg (9.78%), Fiber: 2.3g (9.18%), Vitamin B3: 1.61mg (8.06%), Phosphorus: 78.37mg (7.84%), Vitamin A: 279.31IU (5.59%), Magnesium: 21.92mg (5.48%), Potassium: 172.31mg (4.92%), Vitamin B6: 0.09mg (4.36%), Calcium: 37.43mg (3.74%), Zinc: 0.51mg (3.38%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.6%), Vitamin K: 1.24µg (1.18%), Vitamin C: 0.98mg (1.18%), Vitamin B12: 0.06µg (1.08%)