

Applesauce Bread II

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



77 kcal

BREAD

Ingredients

- 0.7 cup apple sauce
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 3 tablespoons vegetable oil
- 0.5 cup sugar white

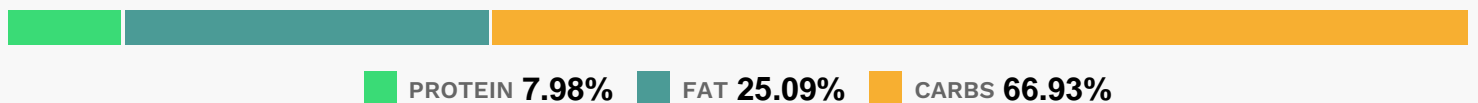
Equipment

- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- spatula
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.
- Let the dough mix for 3 to 5 minutes, until all ingredients are thoroughly combined. If necessary, use a rubber spatula to push the dough from the sides of the bread pan. After 3 to 5 minutes have passed on the clock display, press Stop. Smooth out the top of the loaf with the rubber spatula. Select
- Bake setting and press Start.
- To test the bread for doneness, insert a toothpick into the center top.
- Remove the toothpick. If the bread is done, the toothpick will come out clean. If there is dough on the toothpick, reset the machine to
- Bake and continue an additional 10 to 15 minutes. Test again with toothpick to assure the bread is completely baked.
- Remove the pan from the machine but allow the bread to remain in the pan for 10 minutes before removing the bread and placing on a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:8.7, Inflammation Score:-1, Nutrition Score:2.1469565072785%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 77.47kcal (3.87%), Fat: 2.17g (3.34%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.62g (4.59%), Sugar: 4.84g (5.38%), Cholesterol: 13.64mg (4.55%), Sodium: 46.07mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Selenium: 4.71µg (6.72%), Vitamin B1: 0.09mg (5.67%), Folate: 21µg (5.25%), Manganese: 0.1mg (4.79%), Vitamin B2: 0.07mg (4.18%), Iron: 0.59mg (3.3%), Vitamin B3: 0.63mg (3.13%), Vitamin K: 3.24µg (3.09%), Phosphorus: 22.58mg (2.26%), Fiber: 0.42g (1.69%), Calcium: 14.97mg (1.5%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.11mg (1.05%), Copper: 0.02mg (1.01%)