



Apricot-Almond Gift Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

BREAD

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.8 cup all-natural apricot nectar
- ☐ 1 cup apricots) dried (moist-style
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 ounces blanched almonds and
- ☐ 0.7 cup confectioners' sugar sifted
- ☐ 1 large eggs at room temperature

- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons fruit cocktail in juice or as needed ()
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup olive oil light
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons wheat germ

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Position rack in center of oven. Preheat oven to 350°F.
- ☐ Bake large loaf 60 to 65 minutes, baby loaves 40 to 45 minutes. Prepare pan(s) as directed.
- ☐ In a large bowl, whisk together the flour, baking powder, baking soda, salt, sugar, and wheat germ. If using a food processor, add the apricots and a generous tablespoon of the flour mixture to the bowl and pulse until the fruit is cut into small (1/4-inch) bits. Or, cut up the apricots with oiled kitchen shears or an oiled knife. Scrape the apricot bits into the bowl with the flour. Chop the nuts and add them to the dry ingredients.
- ☐ In a medium bowl, whisk together the oil, egg, nectar or buttermilk, and extracts. Make a well in the middle of the dry ingredients and pour in the oil-egg mixture.
- ☐ Whisk or stir just to blend well; don't over mix.
- ☐ Scrape the batter into the prepared pan(s), filling them about two-thirds full.

- ☐
- Bake 60 to 65 minutes for a large loaf, 40 to 45 minutes for small loaves (or for the time indicated for your altitude in the chart), or until the bread is golden brown and a cake tester inserted in the center comes out clean. Cool in the pan(s) on a wire rack.
- ☐
- To make the optional icing, whisk together the sugar and liquid in a small bowl until thick and smooth. When the bread is completely cooled, drizzle the icing over the top; it will harden as it dries.
- ☐
- From Pie in the Sky: Successful Baking at High Altitudes by by Susan G. Purdy, (C) May 2005 William Morrow Cookbooks, an imprint of Harper
- ☐
- Collins Publishers

Nutrition Facts



Properties

Glycemic Index:38.91, Glycemic Load:38.07, Inflammation Score:-7, Nutrition Score:12.415652243987%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 454.43kcal (22.72%), Fat: 15.03g (23.12%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 75.63g (25.21%), Net Carbohydrates: 72.41g (26.33%), Sugar: 47.42g (52.69%), Cholesterol: 23.25mg (7.75%), Sodium: 309.05mg (13.44%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Protein: 6.98g (13.97%), Manganese: 0.7mg (35.22%), Vitamin E: 4.28mg (28.57%), Selenium: 15µg (21.43%), Vitamin B1: 0.32mg (21.4%), Vitamin A: 929.73IU (18.59%), Folate: 72.12µg (18.03%), Vitamin B2: 0.28mg (16.47%), Iron: 2.59mg (14.41%), Vitamin B3: 2.76mg (13.82%), Phosphorus: 135.57mg (13.56%), Fiber: 3.21g (12.85%), Copper: 0.22mg (11.05%), Magnesium: 43.19mg (10.8%), Potassium: 329.35mg (9.41%), Vitamin C: 7.18mg (8.71%), Calcium: 86.44mg (8.64%), Vitamin K: 6.32µg (6.02%), Zinc: 0.89mg (5.95%), Vitamin B6: 0.09mg (4.71%), Vitamin B5: 0.42mg (4.16%)