



## Apricot-Amaretto Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



189 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds divided toasted sliced
- ☐ 0.3 cup amaretto (almond-flavored liqueur)
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup apricots dried chopped
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil

## Equipment

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

## Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a large bowl. Stir in apricots and 3 tablespoons almonds; make a well in center of mixture.
- ☐ Combine sugar and next 6 ingredients (sugar through egg) in a bowl; add to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Sprinkle with 1 tablespoon almonds and 1 tablespoon sugar.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Note: For a nonalcoholic version, omit amaretto and use 1 cup skim milk; add teaspoon almond extract.

## Nutrition Facts



## Properties

Glycemic Index:28.49, Glycemic Load:20.44, Inflammation Score:-3, Nutrition Score:5.2769565724808%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 188.89kcal (9.44%), Fat: 4.36g (6.71%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 31.32g (11.39%), Sugar: 16.22g (18.02%), Cholesterol: 13.68mg (4.56%), Sodium: 213.62mg (9.29%), Alcohol: 1.14g (100%), Alcohol %: 2.22% (100%), Protein: 3.75g (7.49%), Selenium: 8.9µg (12.71%), Vitamin B1: 0.17mg (11.39%), Folate: 40.01µg (10%), Vitamin B2: 0.17mg (9.89%), Manganese: 0.19mg (9.55%), Calcium: 72.14mg (7.21%), Iron: 1.27mg (7.08%), Phosphorus: 70.36mg (7.04%), Vitamin B3: 1.4mg (6.98%), Vitamin E: 0.91mg (6.06%), Vitamin K: 5.57µg (5.31%), Fiber: 1.1g (4.41%), Vitamin A: 213.79IU (4.28%), Potassium: 120.7mg (3.45%), Copper: 0.07mg (3.41%), Magnesium: 13.04mg (3.26%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.59%), Vitamin D: 0.22µg (1.44%)