

# Apricot Bread

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



374 kcal

BREAD

## Ingredients

- 1 cup apricot dried snipped
- 2 cups water
- 1 cup sugar
- 2 tablespoons butter softened
- 1 large eggs
- 0.8 cup orange juice
- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder

- 0.3 teaspoon baking soda
- 1 teaspoon salt
- 0.8 cup nuts chopped

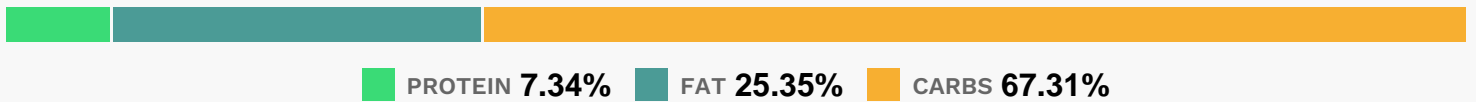
## Equipment

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

## Directions

- Preheat oven to 350°. Soak apricots in warm water for 30 minutes. Meanwhile, in a bowl, cream the sugar, butter and egg. Stir in orange juice.
- Combine flour, baking powder, baking soda and salt; stir into creamed mixture just until combined.
- Drain apricots well; add to batter with nuts.
- Pour into a greased 9x5-in. loaf pan.
- Bake at 350° for 55 minutes or until bread tests done. Cool 10 minutes in pan before removing to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:50.27, Glycemic Load:39.85, Inflammation Score:-7, Nutrition Score:11.073913019636%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 374.38kcal (18.72%), Fat: 10.89g (16.76%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 65.08g (21.69%), Net Carbohydrates: 61.79g (22.47%), Sugar: 35.69g (39.66%), Cholesterol: 30.77mg (10.26%), Sodium: 469.57mg (20.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Manganese: 0.52mg (25.98%), Vitamin B1: 0.3mg (19.89%), Folate: 75.58µg (18.9%), Selenium: 13.08µg (18.69%), Vitamin A: 755.39IU (15.11%), Vitamin B3: 3mg (15%), Copper: 0.3mg (14.98%), Iron: 2.66mg (14.8%), Vitamin C: 11.84mg (14.35%), Phosphorus: 143.09mg (14.31%), Vitamin B2: 0.23mg (13.82%), Fiber: 3.29g (13.17%), Magnesium: 46.7mg (11.67%), Potassium: 359.26mg (10.26%), Calcium: 90.94mg (9.09%), Zinc: 0.9mg (6%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.53mg (5.27%), Vitamin B6: 0.1mg (4.85%), Vitamin B12: 0.06µg (1.03%)