

Apricot Cheese Bread

 Vegetarian

READY IN



85 min.

SERVINGS



16

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 6 ounces cream cheese softened
- 1 cup apricot dried
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup orange juice
- 1 teaspoon orange zest grated

- 0.5 cup pecans chopped
- 1 teaspoon salt
- 1 cup sugar
- 0.3 cup vegetable oil
- 0.3 cup water
- 1.5 cups water

Equipment

- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- toothpicks

Directions

- In a bowl, beat the cream cheese, sugar, egg, flour and orange peel until smooth; set aside. Soak apricots in warm water for 15 minutes; drain well.
- Cut apricots into small pieces; set aside. In a large bowl, combine the dry ingredients. In another bowl, beat the egg, orange juice, oil and water. Stir into the dry ingredients just until moistened. Fold in pecans and apricots. Spoon two-thirds of the batter into a greased and floured 10-in. fluted tube pan. Top with cream cheese filling and remaining batter.
- Bake at 350° for 55–65 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Wrap in plastic wrap and refrigerate before slicing.

Nutrition Facts



PROTEIN 5.68% FAT 39.35% CARBS 54.97%

Properties

Glycemic Index:22.47, Glycemic Load:19.56, Inflammation Score:-4, Nutrition Score:5.5939130446185%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 223.24kcal (11.16%), Fat: 10.03g (15.43%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 30.14g (10.96%), Sugar: 18.05g (20.06%), Cholesterol: 20.97mg (6.99%), Sodium: 255.35mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Manganese: 0.28mg (14.14%), Selenium: 7.45µg (10.64%), Vitamin B1: 0.16mg (10.47%), Vitamin A: 468.38IU (9.37%), Folate: 34.77µg (8.69%), Vitamin B2: 0.13mg (7.62%), Vitamin K: 6.92µg (6.59%), Iron: 1.17mg (6.48%), Phosphorus: 61.2mg (6.12%), Vitamin B3: 1.22mg (6.08%), Fiber: 1.37g (5.49%), Vitamin E: 0.81mg (5.41%), Calcium: 52.47mg (5.25%), Copper: 0.1mg (5.19%), Vitamin C: 4.16mg (5.05%), Potassium: 158.91mg (4.54%), Magnesium: 12.72mg (3.18%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.26mg (2.58%), Vitamin B6: 0.04mg (1.98%)