



Apricot-Cheese Loaves

READY IN



45 min.

SERVINGS



60

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons baking soda
- 3 tablespoons firmly brown sugar packed
- 0.3 cup butter melted
- 1 cup apricots dried finely chopped
- 2 large eggs
- 2.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg

- 1 cup milk
- 0.8 cup pecans finely chopped
- 0.3 teaspoon salt
- 0.5 lb sharp cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife
- loaf pan

Directions

- In a large bowl, mix 2 1/2 cups flour, granulated sugar, baking soda, 1 teaspoon cinnamon, nutmeg, and salt.
- Add nuts, cheese, and apricots and mix well.
- In a medium bowl, beat eggs, milk, and 1/3 cup melted butter to blend.
- Add mixture to dry ingredients and stir to moisten evenly.
- Butter and flour two 4 1/2- by 8 1/2-inch loaf pans; scrape batter equally into pans. In a small bowl, combine brown sugar, 1 tablespoon melted butter, and 1/2 teaspoon cinnamon.
- Sprinkle evenly over batter in pans.
- Bake in a 350 oven until bread is well browned, springs back when lightly pressed in the center, and begins to pull from pan sides, 30 to 35 minutes.
- Let stand in pans on a rack for about 10 minutes. Run a thin-bladed knife between bread and pan sides. Invert loaves onto rack and set upright to cool.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:5.13, Inflammation Score:-2, Nutrition Score:2.1452173942133%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 74.98kcal (3.75%), Fat: 3.64g (5.61%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.49g (3.09%), Sugar: 4.52g (5.02%), Cholesterol: 10.47mg (3.49%), Sodium: 87.21mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Manganese: 0.11mg (5.62%), Selenium: 3.55µg (5.07%), Calcium: 37.01mg (3.7%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 36.02mg (3.6%), Vitamin A: 177.58IU (3.55%), Vitamin B2: 0.06mg (3.53%), Folate: 11.65µg (2.91%), Iron: 0.38mg (2.11%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.29mg (1.9%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.72%), Potassium: 49.23mg (1.41%), Vitamin E: 0.2mg (1.36%), Magnesium: 5.33mg (1.33%), Vitamin B12: 0.08µg (1.3%), Vitamin B5: 0.1mg (1.04%)