



## Apricot Mini Loaves

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 5 tablespoons butter melted
- 0.5 cup powdered sugar
- 0.3 cup apricot dried finely chopped
- 1 eggs lightly beaten
- 0.1 teaspoon ground cloves
- 1 teaspoon honey
- 2 teaspoons milk
- 1 cup pancake mix

- 2 tablespoons raisins
- 0.5 teaspoon vanilla extract
- 0.3 cup walnut pieces finely chopped

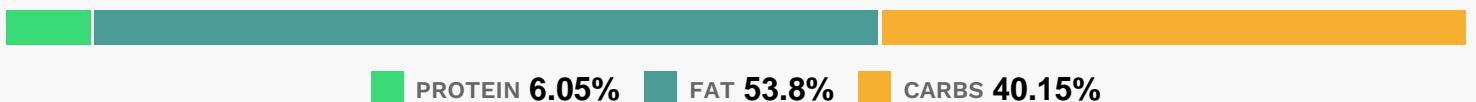
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- In a bowl, combine the egg, milk, butter, honey and vanilla; stir in the pancake mix just until moistened. Fold in the walnuts, apricots and raisins.
- Pour into two greased 4-1/2-in. x 2-1/2-in. x 1-1/2-in. loaf pans.
- Bake at 350° for 22-28 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks. In a small bowl, combine the glaze ingredients.
- Drizzle over warm loaves. Cool.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:2.23, Inflammation Score:-3, Nutrition Score:2.9995652022569%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

## Nutrients (% of daily need)

Calories: 147.38kcal (7.37%), Fat: 9.07g (13.96%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 14.34g (5.22%), Sugar: 8.35g (9.28%), Cholesterol: 40.77mg (13.59%), Sodium: 118.75mg (5.16%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 2.29g (4.59%), Manganese: 0.15mg (7.56%), Vitamin A: 350.57IU (7.01%), Phosphorus: 66.84mg (6.68%), Vitamin B2: 0.08mg (4.6%), Selenium: 2.99µg (4.27%), Calcium:

39.1mg (3.91%), Copper: 0.08mg (3.85%), Fiber: 0.89g (3.58%), Potassium: 111.51mg (3.19%), Vitamin B1: 0.04mg (2.85%), Iron: 0.51mg (2.81%), Magnesium: 10.31mg (2.58%), Folate: 10.26µg (2.56%), Vitamin E: 0.37mg (2.48%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.1µg (1.68%), Vitamin B3: 0.32mg (1.6%)