



Apricot Nut Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 6 ounce apricots dried
- 1 eggs
- 2 cups flour all-purpose divided
- 0.5 cup orange juice
- 0.5 cup pecans coarsely chopped
- 1 teaspoon salt

- 2 tablespoons shortening
- 1 cup sugar
- 0.3 cup water

Equipment

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

Directions

- Soak apricots in water to cover 5 minutes; drain and coarsely chop. Set aside.
- Combine sugar, shortening, and egg in a large mixing bowl; beat well. Gradually add orange juice and water, beating until well blended.
- Set aside 1/4 cup flour in a small mixing bowl. Sift together remaining flour, baking powder, soda, and salt; gradually add to orange juice mixture, beating well after each addition.
- Dredge pecans and reserved apricots in reserved flour. Fold into batter. Spoon batter into a greased 9- x 5- x 3-inch loaf pan.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- Let cool in pan 10 minutes.
- Remove bread from pan, and cool completely on a wire rack before slicing.

Nutrition Facts



PROTEIN 5.91% **FAT 22.66%** **CARBS 71.43%**

Properties

Glycemic Index:41.56, Glycemic Load:39.74, Inflammation Score:-7, Nutrition Score:10.171304352905%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 351.97kcal (17.6%), Fat: 9.15g (14.08%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 61.85g (22.49%), Sugar: 37.98g (42.2%), Cholesterol: 20.46mg (6.82%), Sodium: 442.35mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Manganese: 0.58mg (28.76%), Vitamin B1: 0.31mg (20.68%), Selenium: 13.18µg (18.82%), Folate: 68.05µg (17.01%), Vitamin A: 830.8IU (16.62%), Iron: 2.44mg (13.57%), Vitamin B3: 2.54mg (12.71%), Vitamin B2: 0.21mg (12.56%), Fiber: 3.08g (12.33%), Copper: 0.21mg (10.69%), Phosphorus: 103.15mg (10.32%), Potassium: 347.36mg (9.92%), Vitamin C: 8.04mg (9.74%), Vitamin E: 1.29mg (8.63%), Calcium: 85.38mg (8.54%), Magnesium: 24.64mg (6.16%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.44mg (4.41%), Vitamin B6: 0.07mg (3.7%), Vitamin K: 2.73µg (2.6%)