

# Apricot Nut Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

BREAD

## Ingredients

- 15 ounce apricots canned
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs
- 1.8 cups flour all-purpose sifted
- 0.5 teaspoon salt
- 0.3 cup shortening
- 0.5 cup walnut pieces chopped

0.5 cup granulated sugar white

## Equipment

food processor

bowl

frying pan

oven

whisk

loaf pan

## Directions

Drain apricots, and save syrup. Puree apricots in a food processor, adding syrup if necessary to make 1 cup.

Whisk together the flour, baking powder, soda, and salt.

In a large bowl, cream together shortening and sugar.

Add eggs one at a time, and beat till fluffy.

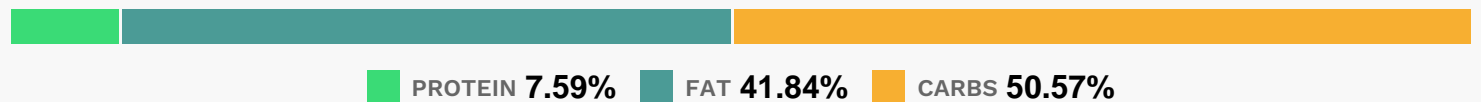
Add flour mixture alternately with apricot puree to the creamed mixture. Stir in nuts.

Spread batter into a greased and floured 9 x 5 loaf pan.

Bake at 350 degrees F (175 degrees C) for 50 minutes.

Remove from pan, and cool on a rack.

## Nutrition Facts



## Properties

Glycemic Index:37.34, Glycemic Load:26.07, Inflammation Score:-7, Nutrition Score:9.4817391530327%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.87mg,

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## Nutrients (% of daily need)

Calories: 312.5kcal (15.62%), Fat: 14.87g (22.88%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 38.14g (13.87%), Sugar: 17.69g (19.66%), Cholesterol: 40.92mg (13.64%), Sodium: 284.05mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Manganese: 0.48mg (24.05%), Vitamin A: 1084.63IU (21.69%), Selenium: 13.13µg (18.76%), Vitamin B1: 0.26mg (17.44%), Folate: 67.16µg (16.79%), Vitamin B2: 0.22mg (12.94%), Iron: 1.95mg (10.83%), Copper: 0.21mg (10.3%), Vitamin B3: 2.02mg (10.12%), Phosphorus: 99.79mg (9.98%), Fiber: 2.29g (9.17%), Vitamin E: 1.18mg (7.87%), Vitamin C: 5.41mg (6.56%), Vitamin K: 6.61µg (6.3%), Potassium: 214.74mg (6.14%), Magnesium: 24.34mg (6.09%), Calcium: 54.02mg (5.4%), Vitamin B5: 0.52mg (5.16%), Vitamin B6: 0.1mg (4.94%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)