



Avocado Quick Bread

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups avocado ripe mashed
- 1 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup butter softened
- 0.8 cup buttermilk
- 3 eggs
- 2.7 cups flour all-purpose
- 0.8 teaspoon ground allspice

- 0.8 teaspoon ground cinnamon
- 1 tablespoon orange zest grated
- 0.8 cup pecans chopped
- 0.5 cup raisins
- 0.8 teaspoon salt
- 1.9 cups sugar white

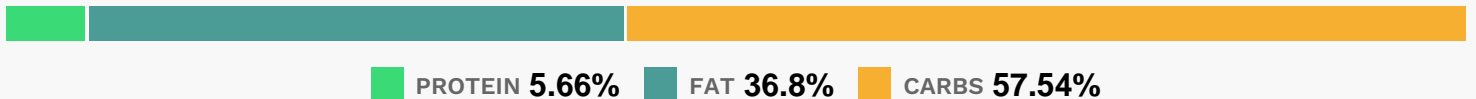
Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans. Sift together the flour, baking soda, baking powder, salt, cinnamon and allspice. Set aside.
- In a medium bowl, cream together the sugar and butter until light and fluffy. Beat in the eggs one at a time, then mix in the mashed avocado. Stir in the dry ingredients alternately with the buttermilk until just mixed. Fold in the chopped pecans, raisins and orange zest. Divide the batter evenly between the two loaf pans.
- Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center of the loaf comes out clean. Allow loaves to cool in pan for at least 20 minutes before removing.

Nutrition Facts



Properties

Glycemic Index:37.24, Glycemic Load:40.19, Inflammation Score:-4, Nutrition Score:9.6439130928205%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg 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: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 410.53kcal (20.53%), Fat: 17.29g (26.6%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 57.62g (20.95%), Sugar: 32.44g (36.04%), Cholesterol: 62.91mg (20.97%), Sodium: 413.66mg (17.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Manganese: 0.57mg (28.48%), Selenium: 14.02µg (20.02%), Vitamin B1: 0.29mg (19.67%), Folate: 74.11µg (18.53%), Vitamin B2: 0.27mg (15.72%), Fiber: 3.22g (12.87%), Iron: 2mg (11.09%), Phosphorus: 107.58mg (10.76%), Vitamin B3: 2.15mg (10.74%), Copper: 0.19mg (9.56%), Vitamin A: 354.85IU (7.1%), Potassium: 239.76mg (6.85%), Vitamin B5: 0.68mg (6.83%), Magnesium: 25.06mg (6.27%), Calcium: 61.43mg (6.14%), Zinc: 0.85mg (5.66%), Vitamin E: 0.85mg (5.66%), Vitamin B6: 0.11mg (5.59%), Vitamin K: 5.04µg (4.8%), Vitamin C: 3.01mg (3.65%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.41µg (2.77%)