

## Basic Fruit Bread

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



1551 kcal

BREAD

### Ingredients

- 1 cup apples shredded
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.5 cup vegetable oil

0.8 cup walnuts chopped

1 cup sugar white

## Equipment

oven

loaf pan

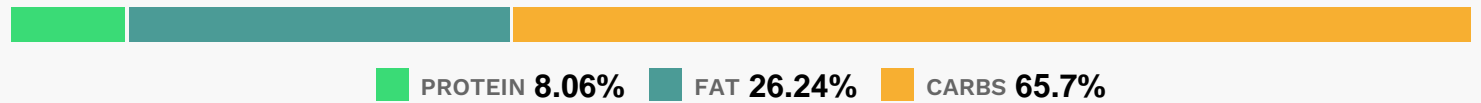
## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 4 1/2 x 8 1/2 inch loaf pan.

Mix flour, baking powder, soda, salt, sugar, oil, eggs, apple, walnuts, and vanilla only until dry ingredients are moistened.

Bake in greased 4 1/2 x 8 1/2 inch loaf pan at 350 degrees F (175 degrees C) for 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:144.55, Glycemic Load:177.23, Inflammation Score:-9, Nutrition Score:40.54739108293%

## Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 1551.22kcal (77.56%), Fat: 45.96g (70.7%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 258.87g (86.29%), Net Carbohydrates: 249.36g (90.68%), Sugar: 108.24g (120.27%), Cholesterol: 163.68mg (54.56%), Sodium: 1621.39mg (70.5%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 31.74g (63.49%), Manganese:

2.82mg (140.95%), Selenium: 79.83µg (114.05%), Vitamin B1: 1.65mg (109.99%), Folate: 408.68µg (102.17%), Vitamin B2: 1.23mg (72.31%), Iron: 11.32mg (62.89%), Vitamin B3: 11.66mg (58.28%), Phosphorus: 536mg (53.6%), Copper: 1.02mg (51.24%), Fiber: 9.51g (38.04%), Calcium: 336.02mg (33.6%), Magnesium: 120.19mg (30.05%), Vitamin K: 23.3µg (22.19%), Zinc: 3.27mg (21.83%), Vitamin B6: 0.42mg (20.94%), Vitamin B5: 1.78mg (17.84%), Potassium: 526.11mg (15.03%), Vitamin E: 1.89mg (12.57%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 280.13IU (5.6%), Vitamin C: 3.45mg (4.18%)