



Blackberry Bread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



231 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups blackberries fresh
- ☐ 0.3 cup butter melted
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest

- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

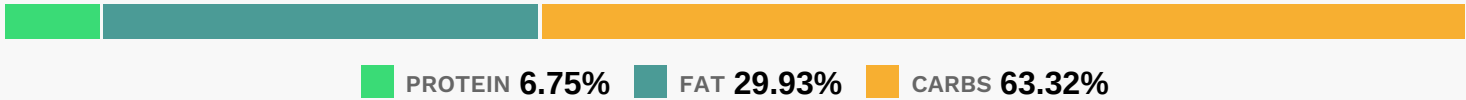
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together flour and next 3 ingredients in a medium bowl; stir in blackberries.
- ☐ Whisk together sugar and next 5 ingredients in a medium bowl until thoroughly blended.
- ☐ Add to flour mixture, stirring just until blended.
- ☐ Pour batter into a lightly greased 8 1/2- x 4 1/2-inch loaf pan.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:35.51, Glycemic Load:24.87, Inflammation Score:-4, Nutrition Score:5.9621738869211%

Flavonoids

Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 231.44kcal (11.57%), Fat: 7.84g (12.06%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 35.62g (12.95%), Sugar: 21.78g (24.2%), Cholesterol: 54.93mg (18.31%), Sodium: 343.27mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Selenium: 9.95µg (14.21%), Manganese: 0.28mg (13.84%), Folate: 45.27µg (11.32%), Vitamin B1: 0.16mg (10.9%), Vitamin B2: 0.17mg (9.87%), Vitamin C: 5.96mg (7.22%), Iron: 1.24mg (6.9%), Phosphorus: 67.98mg (6.8%), Fiber: 1.7g (6.78%), Vitamin B3: 1.27mg (6.37%), Vitamin A: 309.43IU (6.19%), Calcium: 56.04mg (5.6%), Vitamin K: 4.94µg (4.7%), Vitamin E: 0.56mg (3.71%), Copper: 0.07mg (3.62%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.44mg (2.91%), Magnesium: 11.6mg (2.9%), Vitamin B12: 0.17µg (2.8%), Potassium: 93.02mg (2.66%), Vitamin D: 0.33µg (2.23%), Vitamin B6: 0.04mg (2.06%)