



Blueberry Bread

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



291 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup blueberries 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
- ☐ 8 servings try build-a-meal
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

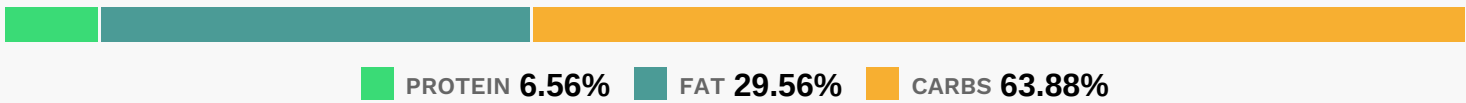
Equipment

- ☐ 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 blueberries.
- ☐ 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 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).Blackberry Bread: Prepare recipe as directed in Step 1, substituting 1 1/2 cups fresh or frozen blackberries for blueberries. Proceed with recipe as directed, increasing bake time to 1 hour and 15 minutes or until a long wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:31.69, Inflammation Score:-4, Nutrition Score:6.6726087694583%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 291.47kcal (14.57%), Fat: 9.76g (15.01%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 46.07g (16.75%), Sugar: 27.76g (30.84%), Cholesterol: 68.67mg (22.89%), Sodium: 429.02mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Selenium: 12.85µg (18.36%), Manganese: 0.3mg (15.04%), Vitamin B1: 0.21mg (13.93%), Folate: 51.09µg (12.77%), Vitamin B2: 0.21mg (12.55%), Phosphorus: 87.58mg (8.76%), Iron: 1.5mg (8.34%), Vitamin B3: 1.55mg (7.75%), Vitamin A: 339.11IU (6.78%), Calcium: 63.9mg (6.39%), Fiber: 1.36g (5.43%), Vitamin C: 3.57mg (4.33%), Vitamin K: 4.45µg (4.24%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.21µg (3.49%), Vitamin E: 0.5mg (3.33%), Zinc: 0.49mg (3.26%), Magnesium: 12.69mg (3.17%), Copper: 0.06mg (3.17%), Vitamin B6: 0.06mg (2.85%), Vitamin D: 0.42µg (2.79%), Potassium: 94.08mg (2.69%)