



Blueberry Walnut Bread

READY IN



70 min.

SERVINGS



24

CALORIES



130 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup blueberries frozen thawed drained
- 2 eggs
- 2.5 cups flour all-purpose
- 0.3 cup butter softened
- 0.5 cup milk
- 1 teaspoon salt
- 0.5 cup walnuts chopped

1 cup sugar white

Equipment

bowl

frying pan

bread machine

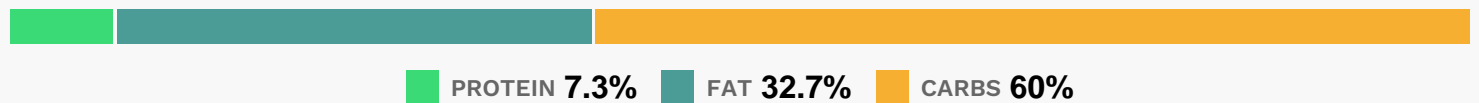
Directions

In a large bowl, beat together the margarine, milk, eggs and sugar. Stir in the flour, baking powder, baking soda and salt. Carefully fold in the blueberries and walnuts. Fold in lemon zest.

Spray bread machine pan with cooking spray.

Pour mixture into bread machine pan and put pan into bread machine. Select Quick Bread/Cake cycle, and press Start. Check in 1 minute to see if mixture is well blended. Cook until cake cycle stops. Cool completely in bread machine pan before removing.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:13.53, Inflammation Score:-2, Nutrition Score:3.3852173867433%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 130.12kcal (6.51%), Fat: 4.81g (7.4%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 19.21g (6.98%), Sugar: 9.29g (10.32%), Cholesterol: 14.25mg (4.75%), Sodium: 201.18mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Manganese: 0.19mg (9.73%), Selenium: 5.81µg (8.3%), Vitamin B1: 0.12mg (7.83%), Folate: 28.34µg (7.09%), Vitamin B2: 0.1mg (5.71%), Phosphorus: 45.48mg (4.55%), Iron: 0.81mg (4.49%), Vitamin B3: 0.83mg (4.15%), Calcium: 38.59mg (3.86%), Copper: 0.06mg (3.22%), Vitamin A: 144.63IU (2.89%), Fiber: 0.66g (2.65%), Magnesium: 8.35mg (2.09%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.32µg (1.26%), Potassium: 43.71mg (1.25%), Vitamin B12: 0.06µg (1.05%)