



Bubbie Ruth's Mandel Bread

 Dairy Free

READY IN



45 min.

SERVINGS



35

CALORIES



107 kcal

Ingredients

- 3 cups flour
- 1 tsp double-acting baking powder
- 3 eggs
- 0.5 tsp salt
- 1 cup bittersweet chocolate chopped canned (you can sub nuts, candied fruits, etc.)
- 1 cup sugar
- 1 tsp vanilla extract pure
- 1 cup vegetable oil

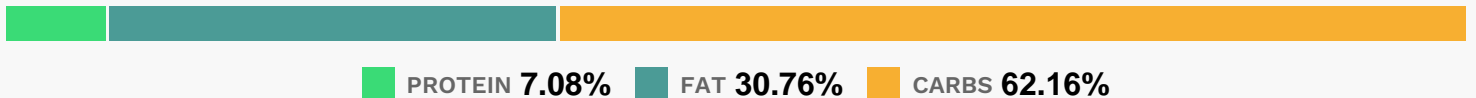
Equipment

- baking sheet
- mixing bowl
- plastic wrap
- stand mixer

Directions

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- Bubbie Ruth's Mandel Bread
- Ingredients 1 cup vegetable oil 1 cup sugar 3 eggs 1 tsp pure vanilla extract 3 cups all purpose flour 1 tsp baking powder 1/2 tsp salt 1 cup semi-sweet chocolate chips (you can sub chopped nuts, candied fruits, etc.) Ground cinnamon and granulated sugar for dusting
- You will also need
- Electric hand or stand mixer, mixing bowl, plastic wrap, cookie sheets
- Servings: 35-40 mandel bread
- Kosher Key: Dairy or Pareve depending on add-ins

Nutrition Facts



Properties

Glycemic Index: 6.77, Glycemic Load: 9.94, Inflammation Score: -1, Nutrition Score: 2.7547826417114%

Nutrients (% of daily need)

Calories: 106.77kcal (5.34%), Fat: 3.64g (5.6%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.88g (5.77%), Sugar: 7.6g (8.44%), Cholesterol: 14.33mg (4.78%), Sodium: 53.29mg (2.32%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.89g (3.78%), Selenium: 5.24µg (7.49%), Manganese: 0.14mg (7.05%), Vitamin B1: 0.09mg (5.82%), Folate: 21.38µg (5.34%), Iron: 0.9mg (4.98%), Vitamin B2: 0.07mg (4.34%), Copper: 0.08mg (4.05%), Phosphorus: 34.93mg (3.49%), Vitamin B3: 0.68mg (3.39%), Magnesium: 11.66mg (2.92%), Fiber: 0.69g (2.76%), Vitamin K: 2.69µg (2.57%), Zinc: 0.26mg (1.71%), Calcium: 14.63mg (1.46%), Potassium: 45.34mg (1.3%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.18mg (1.18%)