

Buttermilk Cinnamon Bread

 Vegetarian

READY IN



70 min.

SERVINGS



32

CALORIES



139 kcal

BREAD

Ingredients

- 2 teaspoons baking soda
- 2 cups buttermilk
- 2 eggs
- 4 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 2.5 cups sugar divided
- 0.5 cup vegetable oil

1 tablespoons walnut pieces finely chopped

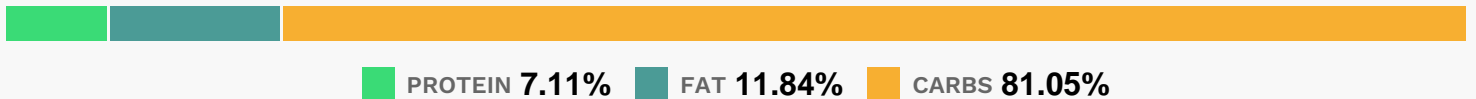
Equipment

- bowl
- oven
- knife
- loaf pan
- toothpicks

Directions

- In a large bowl, combine flour, baking soda and salt. In a small bowl, combine oil and 1-1/2 cups sugar.
- Add buttermilk and eggs; mix well. Stir into dry ingredients just until moistened. Fill two greased 8-in. x 4-in. or five greased 5-3/4-in. x 3-in. x 2-in. loaf pans about a third full.
- Combine cinnamon and remaining sugar; sprinkle half over the batter. Top with remaining batter and cinnamon-sugar. Swirl batter with a knife.
- Sprinkle with nuts.
- Bake at 350° for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes before removing to wire racks.

Nutrition Facts



Properties

Glycemic Index:6.28, Glycemic Load:19.77, Inflammation Score:-1, Nutrition Score:3.2078260657904%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 138.95kcal (6.95%), Fat: 1.85g (2.85%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 27.91g (10.15%), Sugar: 16.39g (18.21%), Cholesterol: 11.88mg (3.96%), Sodium: 161.23mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Selenium: 6.81µg (9.73%), Vitamin B1: 0.13mg (8.8%),

Manganese: 0.16mg (8.15%), Folate: 30.96µg (7.74%), Vitamin B2: 0.12mg (7.01%), Vitamin B3: 0.94mg (4.72%), Iron: 0.82mg (4.53%), Phosphorus: 36.31mg (3.63%), Calcium: 24.15mg (2.41%), Fiber: 0.58g (2.3%), Copper: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.7%), Vitamin D: 0.25µg (1.67%), Vitamin B12: 0.09µg (1.56%), Magnesium: 5.91mg (1.48%), Zinc: 0.22mg (1.45%), Vitamin K: 1.44µg (1.37%), Potassium: 43.55mg (1.24%)