



## Caprese Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cups flour all-purpose
- 0.8 cups flour whole wheat white
- 1 Tablespoon double-acting baking powder
- 0.5 teaspoons salt
- 1 Tablespoon basil dried
- 4 ounces mozzarella cheese shredded
- 1 Tablespoon olive oil
- 1 eggs whole lightly beaten

- 1 cup skim milk
- 0.3 cups sun-dried olives diced packed
- 0.8 Tablespoons butter melted

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Heat oven to 35
- Spray a 9x5x3 loaf pan or two mini bread pans with cooking spray.
- Stir together flours,cheese, baking powder, basil and salt in medium bowl.
- Add olive oil, egg and milk, stir till combined. Fold in sundried tomatoes.
- Pour into pan, drizzle melted butter over top of bread. (Bread will be thick, flatten it out with your fingers)
- Bake 30 minutes for mini loaf pans and 40 50 minutes for large loaf pan, or until golden brown and toothpick inserted in center comes out clean. Cool 5 minutes, remove from pan to wire rack. Cool 30 minutes before slicing, if you can control yourself!

## Nutrition Facts



**PROTEIN 18.2%** **FAT 34.7%** **CARBS 47.1%**

## Properties

Glycemic Index:25.6, Glycemic Load:5.25, Inflammation Score:-2, Nutrition Score:5.0078260869565%

## Taste

Sweetness: 76.22%, Saltiness: 79.49%, Sourness: 36.46%, Bitterness: 20.49%, Savoriness: 55.52%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 117.75kcal (5.89%), Fat: 4.64g (7.13%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.79g (4.65%), Sugar: 2.03g (2.26%), Cholesterol: 23.6mg (7.87%), Sodium: 284.23mg (12.36%), Protein: 5.47g (10.94%), Calcium: 151.93mg (15.19%), Phosphorus: 102.19mg (10.22%), Selenium: 5.94µg (8.48%), Vitamin K: 7.72µg (7.35%), Vitamin B2: 0.12mg (7.31%), Iron: 1.27mg (7.05%), Manganese: 0.13mg (6.65%), Vitamin B12: 0.37µg (6.13%), Vitamin B1: 0.09mg (5.96%), Fiber: 1.37g (5.48%), Folate: 19.71µg (4.93%), Potassium: 150.76mg (4.31%), Vitamin B3: 0.72mg (3.61%), Zinc: 0.54mg (3.6%), Magnesium: 13.6mg (3.4%), Vitamin A: 169.71IU (3.39%), Copper: 0.06mg (2.75%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.29mg (1.9%), Vitamin B6: 0.04mg (1.86%), Vitamin C: 0.9mg (1.09%)