



## Caramel-Glazed Apple Bread

READY IN



175 min.

SERVINGS



24

CALORIES



161 kcal

### Ingredients

- 1.5 cups apples shredded peeled (2 large)
- 1 cup brown sugar packed
- 0.5 cup buttermilk
- 0.5 cup vegetable oil
- 4 eggs lightly beaten
- 3 cups flour all-purpose
- 0.5 cup pecans chopped
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt

- 1 teaspoon nutmeg
- 2 tablespoons butter
- 0.3 cup brown sugar packed
- 1 tablespoon milk
- 0.5 cup powdered sugar sifted

## Equipment

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

## Directions

- Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans with cooking spray or shortening.
- In large bowl, stir together apples, 1 cup brown sugar, the buttermilk, oil and eggs. Stir in remaining bread ingredients just until dry ingredients are moistened.
- Pour into pans.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes on cooling rack. Loosen sides of loaves from pans; remove from pans and place top sides up on cooling rack. Cool completely, about 1 hour.
- In 1-quart saucepan, melt butter over medium heat. Stir in 1/4 cup brown sugar.
- Heat to boiling, stirring constantly; reduce heat to low. Boil and stir 2 minutes. Stir in milk.
- Heat to boiling; remove from heat. Cool to lukewarm, about 30 minutes.
- Gradually stir powdered sugar into glaze mixture.
- Place saucepan of glaze in bowl of cold water. Beat with spoon until smooth and thin enough to drizzle. If glaze becomes too stiff, stir in additional milk, 1/2 teaspoon at a time, or heat over low heat, stirring constantly.

Drizzle glaze over loaves. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

## Nutrition Facts

**PROTEIN 7.31%** **FAT 25.16%** **CARBS 67.53%**

### Properties

Glycemic Index:10.88, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:4.0860869664213%

### Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

### Nutrients (% of daily need)

Calories: 161.12kcal (8.06%), Fat: 4.56g (7.02%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 26.63g (9.68%), Sugar: 14.83g (16.48%), Cholesterol: 27.91mg (9.3%), Sodium: 218.68mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Manganese: 0.25mg (12.65%), Selenium: 7.99µg (11.42%), Vitamin B1: 0.14mg (9.67%), Folate: 33.22µg (8.31%), Vitamin B2: 0.13mg (7.42%), Iron: 1.02mg (5.68%), Vitamin B3: 0.98mg (4.92%), Phosphorus: 44.44mg (4.44%), Fiber: 0.93g (3.73%), Copper: 0.07mg (3.27%), Calcium: 26.8mg (2.68%), Vitamin B5: 0.24mg (2.43%), Magnesium: 9.35mg (2.34%), Zinc: 0.34mg (2.27%), Potassium: 69.01mg (1.97%), Vitamin K: 2.06µg (1.96%), Vitamin A: 96.66IU (1.93%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.22µg (1.46%)