



Carrot Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



157 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 4 ounces carrots sliced
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.3 cup vanilla yogurt fat-free
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 7 ounces flour whole wheat

Equipment

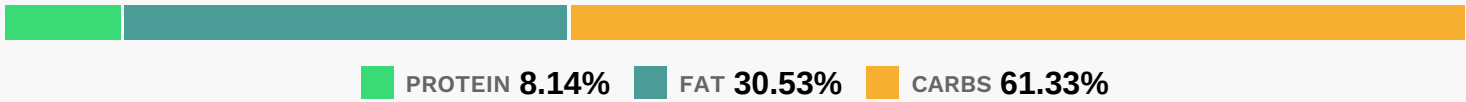
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Cook carrot in boiling water 15 minutes or until tender; drain.
- ☐ Place carrot in a food processor; process until smooth.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine whole wheat flour and the next 6 ingredients (through cloves) in a large bowl.
- ☐ Combine carrot, sugar, and the next 4 ingredients (through egg white) in a small bowl, stirring with a whisk.
- ☐ Add carrot mixture to flour mixture, stirring just until combined.
- ☐ Pour batter into an 8-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool bread in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack.

Cut bread into 12 slices.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:8.1, Inflammation Score:-8, Nutrition Score:7.2978261683298%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 157.12kcal (7.86%), Fat: 5.56g (8.55%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 22.99g (8.36%), Sugar: 12.62g (14.02%), Cholesterol: 15.6mg (5.2%), Sodium: 229.16mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Manganese: 0.76mg (37.91%), Vitamin A: 1603.86IU (32.08%), Selenium: 12.46µg (17.81%), Fiber: 2.14g (8.57%), Phosphorus: 80.95mg (8.1%), Vitamin E: 1.05mg (7.01%), Magnesium: 25.7mg (6.43%), Vitamin B1: 0.09mg (6.21%), Vitamin K: 5.07µg (4.83%), Vitamin B3: 0.93mg (4.65%), Vitamin B6: 0.09mg (4.51%), Vitamin B2: 0.08mg (4.44%), Iron: 0.75mg (4.19%), Copper: 0.08mg (3.9%), Zinc: 0.55mg (3.68%), Potassium: 112.38mg (3.21%), Calcium: 31mg (3.1%), Folate: 11.63µg (2.91%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.06µg (1.06%)