

# Carrot Bread

 Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



183 kcal

BREAD

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup carrots shredded
- 0.5 cup egg substitute
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 cup sugar

- 0.8 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces chopped
- 0.5 cup flour whole wheat

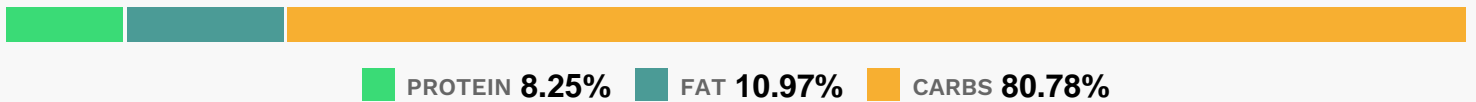
## Equipment

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

## Directions

- Coat an 8-in. x 4-in. loaf pan with cooking spray and dust with flour; set aside. In a bowl, combine the sugar, flours, baking powder, baking soda, salt and cinnamon. In another bowl, combine the applesauce, egg substitute and vanilla; stir into dry ingredients until just moistened. Fold in carrots and walnuts.
- Pour into prepared pan.
- Bake at 350° for 50–55 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:30.89, Glycemic Load:21.41, Inflammation Score:-8, Nutrition Score:7.7908696169439%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol:

0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 182.58kcal (9.13%), Fat: 2.3g (3.53%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 36.19g (13.16%), Sugar: 22.71g (25.24%), Cholesterol: 0mg (0%), Sodium: 418.15mg (18.18%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 3.89g (7.77%), Vitamin A: 2172.39IU (43.45%), Manganese: 0.49mg (24.5%), Selenium: 13.24µg (18.92%), Vitamin B1: 0.17mg (11.06%), Folate: 33.29µg (8.32%), Vitamin B2: 0.14mg (8.21%), Fiber: 1.84g (7.37%), Iron: 1.27mg (7.07%), Phosphorus: 67.99mg (6.8%), Vitamin B3: 1.23mg (6.15%), Copper: 0.1mg (5.25%), Magnesium: 19.76mg (4.94%), Calcium: 46.39mg (4.64%), Vitamin B6: 0.08mg (4.23%), Potassium: 130.1mg (3.72%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.49mg (3.3%), Vitamin E: 0.38mg (2.53%), Vitamin K: 2.1µg (2%), Vitamin D: 0.19µg (1.28%), Vitamin C: 1.04mg (1.27%)