

## Carrot Bread II

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



143 kcal

BREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup carrot baby food
- 2 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground nutmeg

- 0.3 teaspoon salt
- 0.7 cup vegetable oil
- 0.5 cup walnuts chopped
- 1 cup sugar white

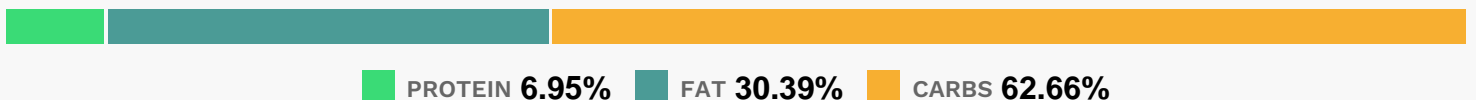
## Equipment

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

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4 inch loaf pans.
- In a large bowl, sift together flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt.
- In a large bowl, cream together the sugar and oil. Beat in eggs. Blend this mixture into the flour mixture, stirring just to combine. Fold in the nuts. Scoop batter into prepared baking pans.
- Bake in preheated oven for 50 to 55 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:23.68, Glycemic Load:15.59, Inflammation Score:-7, Nutrition Score:4.9256521437479%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 143.17kcal (7.16%), Fat: 4.95g (7.62%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 22.07g (8.03%), Sugar: 13.04g (14.49%), Cholesterol: 20.46mg (6.82%), Sodium: 145.2mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin A: 1367.51IU (27.35%), Manganese: 0.28mg (14.07%), Selenium: 5.93µg (8.48%), Vitamin B1: 0.11mg (7.5%), Folate: 29.25µg (7.31%), Vitamin B2: 0.1mg (5.63%), Iron: 0.83mg (4.59%), Phosphorus: 44.89mg (4.49%), Vitamin K: 4.67µg (4.45%), Copper: 0.09mg (4.27%), Vitamin B3: 0.82mg (4.1%), Fiber: 0.9g (3.6%), Calcium: 27.78mg (2.78%), Magnesium: 10.51mg (2.63%), Vitamin B6: 0.05mg (2.29%), Vitamin E: 0.3mg (2%), Zinc: 0.29mg (1.95%), Potassium: 63.77mg (1.82%), Vitamin B5: 0.18mg (1.79%)