

Carrot-Nut Bread



Vegetarian



Dairy Free

READY IN



205 min.

SERVINGS



1

CALORIES



2295 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups carrots shredded (3 medium)
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup flour whole wheat
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 cup nuts coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 0.3 cup vegetable oil

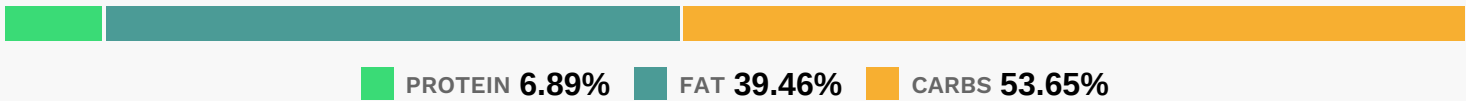
Equipment

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

Directions

- ☐ Heat oven to 350F. Grease bottom only of loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches.
- ☐ Mix carrots, sugar, oil and eggs in large bowl with spoon. Stir in remaining ingredients; pour into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:318.59, Glycemic Load:166.35, Inflammation Score:-10, Nutrition Score:61.48608696979%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 2294.97kcal (114.75%), Fat: 103.81g (159.71%), Saturated Fat: 16.96g (105.98%), Carbohydrates: 317.54g (105.85%), Net Carbohydrates: 295.88g (107.59%), Sugar: 159.79g (177.55%), Cholesterol: 327.36mg (109.12%), Sodium: 2280.54mg (99.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.55%), Vitamin A: 32568.77IU (651.38%), Manganese: 6.08mg (304.1%), Selenium: 115.63µg (165.19%), Vitamin K: 162.96µg (155.2%), Phosphorus: 997.55mg (99.75%), Vitamin B1: 1.42mg (94.9%), Fiber: 21.66g (86.65%), Folate: 307.31µg (76.83%), Vitamin B2: 1.23mg (72.25%), Vitamin B3: 13.67mg (68.35%), Iron: 12.22mg (67.89%), Calcium: 671.14mg (67.11%), Magnesium: 263.9mg (65.98%), Vitamin E: 8.94mg (59.61%), Copper: 1.13mg (56.67%), Vitamin B6: 0.93mg (46.71%), Zinc: 6.02mg (40.14%), Potassium: 1397.12mg (39.92%), Vitamin B5: 3.27mg (32.69%), Vitamin C: 11.51mg (13.95%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)