



Carrot-Pineapple Bread

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



19 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup carrots shredded
- 1 egg white lightly beaten
- 0.7 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.3 cup pineapple in juice canned crushed drained well
- 2 tablespoons nonfat yogurt plain

- 0.1 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons apple sauce unsweetened
- 0.5 teaspoon vanilla extract
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- Combine yogurt and next 4 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened. Gently fold in carrot and pineapple.
- Spoon batter into a 6- x 3- x 2-inch loafpan coated with cooking spray.
- Bake at 350 for 35 to 38 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes; remove from pan, and let cool on a wire rack.

Nutrition Facts

 **PROTEIN 8.74%**  **FAT 13.72%**  **CARBS 77.54%**

Properties

Glycemic Index:7.63, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:0.70608696211939%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 19.4kcal (0.97%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.64g (1.32%), Sugar: 1.86g (2.06%), Cholesterol: 0.02mg (0.01%), Sodium: 27.18mg (1.18%), Alcohol: 0.02g (100%), Alcohol %: 0.26% (100%), Protein: 0.43g (0.85%), Vitamin A: 204.68IU (4.09%), Selenium: 1.04µg (1.48%), Vitamin B1: 0.02mg (1.44%), Folate: 4.86µg (1.21%), Vitamin B2: 0.02mg (1.16%), Manganese: 0.02mg (1.06%)