



Carrot-Raisin Quick Bread

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.7 cup brown sugar packed
- 1 cup coarsely carrot shredded
- 1 large eggs lightly beaten
- 0.5 cup milk fat-free
- 1.8 cups flour all-purpose
- 0.5 cup golden raisins
- 0.8 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 3 tablespoons butter melted
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients in a large bowl (flour through nutmeg).
- Combine carrot and next 5 ingredients (carrot through egg) in a small bowl; add to flour mixture, stirring just until flour mixture is moist.
- Pour batter into an 8-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool on a wire rack.

Nutrition Facts



PROTEIN 7.19% **FAT 18.01%** **CARBS 74.8%**

Properties

Glycemic Index:31.56, Glycemic Load:13.19, Inflammation Score:-8, Nutrition Score:6.0569564777872%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 170.58kcal (8.53%), Fat: 3.47g (5.34%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 31.32g (11.39%), Sugar: 16.53g (18.37%), Cholesterol: 15.81mg (5.27%), Sodium: 203.48mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 1950.9IU (39.02%), Selenium: 7.87µg (11.24%), Vitamin B1: 0.16mg (10.57%), Manganese: 0.19mg (9.53%), Folate: 37.93µg (9.48%), Vitamin B2: 0.14mg (8.33%), Iron: 1.17mg (6.48%), Vitamin B3: 1.28mg (6.41%), Phosphorus: 52.83mg (5.28%), Fiber: 1.11g (4.43%), Calcium: 42.72mg (4.27%), Potassium: 139.94mg (4%), Copper: 0.06mg (3.14%), Vitamin B6: 0.06mg (3.04%), Magnesium: 10.51mg (2.63%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.28mg (1.86%), Vitamin B12: 0.1µg (1.66%), Vitamin K: 1.73µg (1.64%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.2µg (1.3%), Vitamin C: 0.84mg (1.01%)