



Chocolate Buttermilk Bread

READY IN



75 min.

SERVINGS



6

CALORIES



953 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 cup buttermilk
- ☐ 16 ounce confectioners' sugar
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 5 tablespoons milk

- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

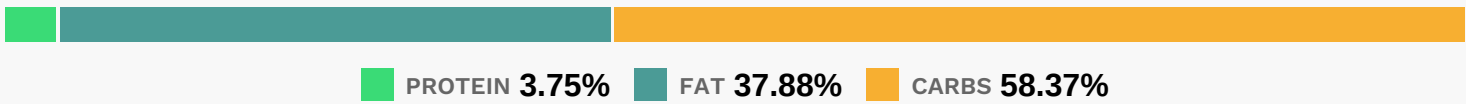
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees F). Grease only the bottom of a 9x5 inch loaf pan.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the buttermilk.
- ☐ Combine the flour, 1/2 cup cocoa, baking powder, baking soda and salt; stir into the buttermilk mixture until moistened.
- ☐ Mix in 1/3 cup pecans.
- ☐ Pour into the prepared pan.
- ☐ Bake for 55 to 65 minutes in the preheated oven, until a wooden pick inserted near the center comes out clean. Cool in the pan for 15 minutes before removing to a wire rack to cool completely.
- ☐ Combine the margarine, 1/4 cup cocoa, and milk in a saucepan over medium heat. Cook, stirring, until melted and smooth.
- ☐ Remove from heat, and mix in the vanilla and confectioners' sugar. Stir in the remaining 1/2 cup pecans.

☐ Spread on top of the cooled loaf.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:44.35, Inflammation Score:-7, Nutrition Score:13.652173878706%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 953.07kcal (47.65%), Fat: 41.18g (63.36%), Saturated Fat: 15.24g (95.26%), Carbohydrates: 142.81g (47.6%), Net Carbohydrates: 139.62g (50.77%), Sugar: 110.43g (122.7%), Cholesterol: 101.13mg (33.71%), Sodium: 691.31mg (30.06%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Caffeine: 8.24mg (2.75%), Protein: 9.17g (18.35%), Manganese: 0.81mg (40.38%), Selenium: 20.28µg (28.97%), Vitamin A: 1319.91IU (26.4%), Vitamin B1: 0.38mg (25.57%), Vitamin B2: 0.39mg (22.85%), Folate: 79.51µg (19.88%), Phosphorus: 182.74mg (18.27%), Copper: 0.33mg (16.31%), Iron: 2.79mg (15.52%), Fiber: 3.18g (12.73%), Vitamin B3: 2.41mg (12.06%), Calcium: 117.09mg (11.71%), Magnesium: 45.27mg (11.32%), Vitamin E: 1.37mg (9.11%), Zinc: 1.33mg (8.88%), Vitamin B12: 0.43µg (7.22%), Vitamin B5: 0.71mg (7.08%), Potassium: 239.47mg (6.84%), Vitamin D: 0.95µg (6.34%), Vitamin B6: 0.09mg (4.44%), Vitamin K: 2.04µg (1.95%)