



Chocolate-Cherry-Walnut Bread

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 tablespoons butter chilled cut into thin slices
- ☐ 0.5 cup cherries dried chopped
- ☐ 2 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup milk
- ☐ 1 rind from orange grated

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnuts chopped

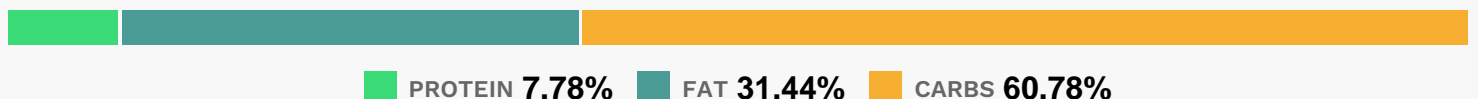
Equipment

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

Directions

- ☐ Heat oven to 350 F. Lightly coat a 5-by-9-inch loaf pan with vegetable cooking spray.
- ☐ Combine the flour, sugar, baking powder, baking soda, and salt in a large bowl. Using your fingertips or a pastry blender, work the butter into the dry ingredients until it looks like coarse crumbs.
- ☐ Mix in the orange rind, cherries, walnuts, and chocolate chips. Stir in the milk, eggs, and vanilla until well blended.
- ☐ Pour into pan.
- ☐ Bake 45 minutes or until a toothpick inserted in the center of the loaf comes out clean. Turn onto a wire rack.
- ☐ VARIATIONS: Substitute any of the following, using the same amounts: dried cranberries instead of dried cherries; white chocolate chips instead of semisweet chocolate; pecans, hazelnuts, or macadamia nuts instead of walnuts.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:44.23, Inflammation Score:-6, Nutrition Score:13.088695562404%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 491.57kcal (24.58%), Fat: 17.32g (26.65%), Saturated Fat: 7.51g (46.93%), Carbohydrates: 75.32g (25.11%), Net Carbohydrates: 71.79g (26.1%), Sugar: 34.89g (38.77%), Cholesterol: 60.31mg (20.1%), Sodium: 464.12mg (20.18%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.68mg (3.22%), Protein: 9.65g (19.29%), Manganese: 0.73mg (36.27%), Selenium: 21.39µg (30.56%), Vitamin B1: 0.42mg (28.01%), Folate: 98.78µg (24.69%), Vitamin B2: 0.35mg (20.55%), Iron: 3.55mg (19.73%), Phosphorus: 181.7mg (18.17%), Copper: 0.34mg (16.8%), Vitamin B3: 3mg (15.01%), Fiber: 3.53g (14.12%), Calcium: 134.92mg (13.49%), Magnesium: 47.45mg (11.86%), Vitamin A: 566.07IU (11.32%), Zinc: 1.13mg (7.55%), Potassium: 213.45mg (6.1%), Vitamin B5: 0.58mg (5.78%), Vitamin B6: 0.1mg (5.2%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.44mg (2.95%), Vitamin C: 2.14mg (2.59%), Vitamin K: 1.76µg (1.68%)