



Chocolate Date Loaf II

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup chocolate chips
- 1 cup dates chopped
- 1 eggs
- 1.8 cups flour all-purpose
- 0.3 cup butter
- 0.8 teaspoon salt

- 1 teaspoon vanilla extract
- 0.8 cup water boiling
- 0.5 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks
- aluminum foil
- microwave

Directions

- Place dates in a small bowl with boiling water and baking soda.
- Let stand until cooled. Melt chocolate chips with margarine in a bowl over a pan of simmering water, or in the microwave. Stir frequently until smooth.
- In a medium bowl, beat egg and stir in sugar, salt and vanilla. Stir in the melted chocolate and date mixtures.
- Combine the flour and baking powder, and stir into the date mixture until just blended.
- Scrape into a greased 9x5 inch loaf pan.
- Let stand for 20 minutes while you preheat the oven to 350 degrees F (175 degrees C).
- Bake for 1 hour in the preheated oven, until a toothpick inserted into the crown of the loaf comes out clean. Cool for 10 minutes before removing from the pan. Wrap in aluminum foil, and refrigerate overnight, as the loaf will cut better on the second day.

Nutrition Facts



Properties

Glycemic Index:48.18, Glycemic Load:40.47, Inflammation Score:-5, Nutrition Score:8.0978260513233%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 459.23kcal (22.96%), Fat: 15.25g (23.46%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 77.67g (25.89%), Net Carbohydrates: 74.72g (27.17%), Sugar: 45.23g (50.26%), Cholesterol: 27.28mg (9.09%), Sodium: 646.28mg (28.1%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.38g (10.75%), Selenium: 15.45µg (22.07%), Vitamin B1: 0.3mg (20.19%), Folate: 74.92µg (18.73%), Manganese: 0.32mg (15.9%), Vitamin B2: 0.24mg (13.95%), Vitamin B3: 2.47mg (12.37%), Iron: 2.15mg (11.97%), Fiber: 2.95g (11.78%), Phosphorus: 85.91mg (8.59%), Potassium: 279.62mg (7.99%), Calcium: 78.52mg (7.85%), Vitamin A: 380.37IU (7.61%), Copper: 0.11mg (5.75%), Magnesium: 20.28mg (5.07%), Vitamin B5: 0.42mg (4.25%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.43mg (2.85%), Vitamin E: 0.4mg (2.7%), Vitamin B12: 0.07µg (1.25%)