



Chocolate Nut Bread

READY IN



50 min.

SERVINGS



20

CALORIES



291 kcal

Ingredients

- 1 teaspoon baking soda
- 1 cup butter softened
- 1 cup buttermilk
- 2.5 cups cake flour
- 5 eggs
- 0.3 teaspoon salt
- 2 cups sugar
- 2 ounces baker's chocolate unsweetened melted
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

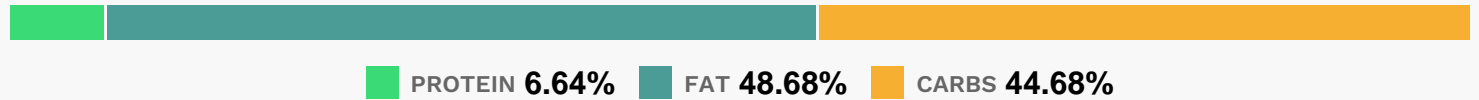
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- In a bowl, cream butter and sugar.
- Add eggs, chocolate and vanilla; mix well.
- Combine the flour, baking soda and salt; add to creamed mixture alternately with buttermilk, beating well after each addition. Stir in nuts if desired.
- Pour into four greased 5-in. x 3-in. x 2-in. loaf pans.
- Bake at 350° for 35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pans to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:21.57, Inflammation Score:-3, Nutrition Score:5.3991303741932%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

Nutrients (% of daily need)

Calories: 290.99kcal (14.55%), Fat: 16.27g (25.03%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.36g (11.77%), Sugar: 20.85g (23.16%), Cholesterol: 66.64mg (22.21%), Sodium: 186.32mg (8.1%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 4.99g (9.99%), Manganese: 0.45mg (22.32%), Selenium: 10.77µg (15.39%), Copper: 0.23mg (11.28%), Phosphorus: 81.45mg (8.15%), Vitamin A: 364.32IU (7.29%), Magnesium: 25.19mg (6.3%), Vitamin B2: 0.1mg (5.87%), Iron: 1.01mg (5.63%), Zinc: 0.79mg (5.24%), Fiber: 1.24g (4.95%), Folate: 17.79µg (4.45%), Calcium: 33.86mg (3.39%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.33mg

(3.33%), Vitamin B1: 0.05mg (3.15%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.17µg (2.87%), Potassium: 99.76mg (2.85%), Vitamin D: 0.38µg (2.51%), Vitamin B3: 0.28mg (1.42%), Vitamin K: 1.34µg (1.28%)