



Christmas Strawberry Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



107 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 1.5 cups canola oil
- 3 eggs beaten
- 3 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 0.3 cup strawberries sweetened frozen with syrup thawed
- 1 tablespoon strawberries

- 0.5 cup sugar
- 0.3 cup water

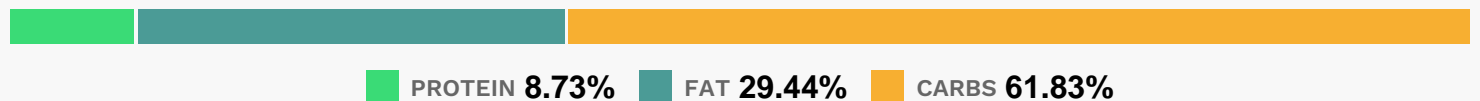
Equipment

- bowl
- sauce pan
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 5x9 inch loaf pans.
- In a bowl, mix the flour, baking soda, salt, and cinnamon. In a separate bowl, beat together the 1 3/4 cups strawberries, 2 tablespoons strawberry extract, eggs, sugar, and oil. Gradually beat the flour mixture into the strawberry mixture.
- Transfer to the prepared loaf pans.
- Bake 45 minutes in the preheated oven, or until a toothpick inserted in the center of a loaf comes out clean. Cool on wire racks.
- In a saucepan, mix the 1/4 cup strawberries with syrup, sugar, water, and 1 tablespoon strawberry extract. Bring to a boil, and stir constantly until sugar is dissolved, about 5 minutes.
- Pour over the bread while still warm.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:3.2082608290341%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 107.03kcal (5.35%), Fat: 3.5g (5.38%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.9g (5.78%), Sugar: 4.33g (4.81%), Cholesterol: 20.46mg (6.82%), Sodium: 150.84mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Selenium: 7.03µg (10.04%), Manganese: 0.17mg (8.75%), Vitamin B1: 0.13mg (8.36%), Folate: 31.71µg (7.93%), Vitamin B2: 0.1mg (6.1%), Iron: 0.86mg (4.78%), Vitamin B3: 0.94mg (4.7%), Vitamin E: 0.57mg (3.81%), Phosphorus: 28.49mg (2.85%), Fiber: 0.64g (2.56%), Vitamin K: 2.21µg (2.11%), Vitamin B5: 0.16mg (1.57%), Vitamin C: 1.26mg (1.52%), Copper: 0.03mg (1.47%), Zinc: 0.19mg (1.27%), Magnesium: 4.6mg (1.15%)