



Cinnamon Bread Delight

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



173 kcal

BREAD

Ingredients

- 0.5 cup apple sauce
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons cinnamon sugar
- 2 eggs beaten
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 5.1 ounce vanilla pudding instant

- 1.5 cups milk
- 0.5 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease two 5x9 inch loaf pans.
- In a large bowl, mix the flour, sugar, pudding mix, baking soda, baking powder, salt, and cinnamon. In a separate bowl, mix the milk, oil, applesauce, eggs, and vanilla. Stir the milk mixture into the flour mixture until smooth.
- Sprinkle the bottoms of the loaf pans with cinnamon sugar, and divide the batter between the 2 pans.
- Bake 1 hour in the preheated oven, or until a toothpick inserted in the center of a loaf comes out clean.

Nutrition Facts



PROTEIN 5.96% **FAT 10.21%** **CARBS 83.83%**

Properties

Glycemic Index:14.59, Glycemic Load:21.3, Inflammation Score:-1, Nutrition Score:3.3600000120375%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 173.31kcal (8.67%), Fat: 1.99g (3.06%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 36.09g (13.12%), Sugar: 23.7g (26.34%), Cholesterol: 15.47mg (5.16%), Sodium: 147.63mg (6.42%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 2.61g (5.22%), Selenium: 6.89µg (9.85%), Vitamin B1: 0.13mg (8.94%), Folate: 30.48µg (7.62%), Vitamin B2: 0.12mg (7.11%), Manganese: 0.14mg (7.02%), Iron: 0.86mg (4.76%), Vitamin B3: 0.95mg (4.74%), Phosphorus: 45.51mg (4.55%), Calcium: 40.24mg (4.02%), Fiber: 0.6g (2.41%), Vitamin B12: 0.12µg (1.92%), Vitamin B5: 0.18mg (1.84%), Vitamin K: 1.85µg (1.76%), Vitamin D: 0.24µg (1.61%), Magnesium: 6.05mg (1.51%), Zinc: 0.23mg (1.51%), Copper: 0.03mg (1.5%), Potassium: 51mg (1.46%), Vitamin B6: 0.02mg (1.2%)