

# Cinnamon Loaf

 Vegetarian

READY IN



65 min.

SERVINGS



14

CALORIES



170 kcal

SIDE DISH

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 1 cup buttermilk
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt

- 1 cup sugar divided
- 1 teaspoon vanilla extract

## Equipment

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

## Directions

- In a large bowl, beat butter until light and fluffy, about 1 minute. Gradually beat in 1 cup sugar.
- Add eggs, one at a time, beating well after each addition. Stir in vanilla.
- Combine the flour, baking powder, baking soda and salt.
- Add to creamed mixture alternately with buttermilk just until mixed.
- Transfer half of the mixture to a 9-in. x 5-in. loaf pan coated with cooking spray.
- Combine cinnamon and remaining sugar.
- Sprinkle three-fourths of mixture over batter. Top with remaining butter and sprinkle with remaining cinnamon mixture.
- Bake at 350° for 45–50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

## Nutrition Facts



**PROTEIN 7.56%** **FAT 24.63%** **CARBS 67.81%**

## Properties

Glycemic Index:23.08, Glycemic Load:20.17, Inflammation Score:-2, Nutrition Score:3.9739130506211%

## Nutrients (% of daily need)

Calories: 170.01kcal (8.5%), Fat: 4.68g (7.19%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 28.41g (10.33%), Sugar: 15.21g (16.9%), Cholesterol: 33.98mg (11.33%), Sodium: 205.95mg (8.95%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 3.23g (6.45%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.15mg (10.07%), Folate: 36.62µg (9.16%), Vitamin B2: 0.15mg (8.87%), Manganese: 0.15mg (7.53%), Iron: 1mg (5.53%), Vitamin B3: 1.08mg (5.4%), Phosphorus: 53.64mg (5.36%), Calcium: 45.33mg (4.53%), Vitamin A: 163.95IU (3.28%), Vitamin B5: 0.24mg (2.45%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.35µg (2.32%), Fiber: 0.56g (2.23%), Zinc: 0.28mg (1.86%), Copper: 0.04mg (1.82%), Magnesium: 6.68mg (1.67%), Potassium: 53.3mg (1.52%), Vitamin B6: 0.03mg (1.26%), Vitamin E: 0.19mg (1.24%)