



Cinnamon Mocha Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 cups flour all-purpose
- 2 cups granulated sugar divided ()
- 3 teaspoons coffee instant
- 1 tablespoon cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 2 cups buttermilk

- 0.5 cup canola oil
- 3 teaspoons ground cinnamon
- 0.5 cup raisins

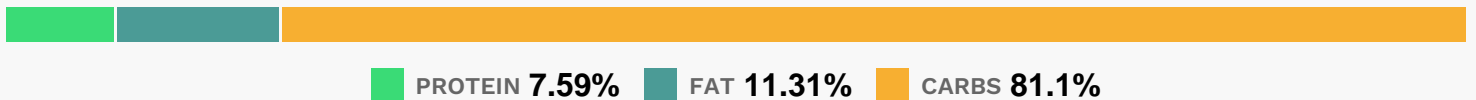
Equipment

- bowl
- oven
- knife
- whisk
- loaf pan
- toothpicks

Directions

- In a bowl, combine the flour, 1 1/2 cups sugar, coffee granules, cocoa, baking soda, and salt. In a small bowl, whisk the eggs, buttermilk and oil. Stir into the dry ingredients just until moistened. (Optional -- fold in raisins)
- Transfer a fourth of the batter into each of two greased 8"x4" loaf pans.
- Combine cinnamon and remaining sugar; sprinkle half over batter in each loaf pan. Repeat layers.
- Cut through batter with a knife to swirl.
- Bake at 350 degrees for 55 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes; remove from pans to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:14.99, Glycemic Load:37.07, Inflammation Score:-3, Nutrition Score:6.6465217391304%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 264.55kcal (13.23%), Fat: 3.38g (5.19%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 52.96g (19.26%), Sugar: 26.53g (29.48%), Cholesterol: 23.76mg (7.92%), Sodium: 323.77mg (14.08%), Caffeine: 6.61mg (2.2%), Protein: 5.1g (10.19%), Selenium: 13.65µg (19.5%), Vitamin B1: 0.27mg (17.8%), Manganese: 0.31mg (15.5%), Folate: 61.53µg (15.38%), Vitamin B2: 0.25mg (14.42%), Vitamin B3: 1.99mg (9.96%), Iron: 1.77mg (9.83%), Phosphorus: 76.64mg (7.66%), Fiber: 1.47g (5.87%), Calcium: 48.3mg (4.83%), Copper: 0.09mg (4.27%), Potassium: 132.44mg (3.78%), Magnesium: 14.3mg (3.57%), Vitamin B5: 0.34mg (3.4%), Vitamin D: 0.5µg (3.33%), Vitamin B12: 0.19µg (3.12%), Zinc: 0.44mg (2.96%), Vitamin E: 0.35mg (2.34%), Vitamin B6: 0.04mg (2.17%), Vitamin A: 80.31IU (1.61%), Vitamin K: 1.33µg (1.26%)