



Cinnamon Streusel Quick Bread

 Dairy Free

READY IN



115 min.

SERVINGS



16

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 box corn muffin mix
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 cup vegetable oil
- 0.5 cup water

Equipment

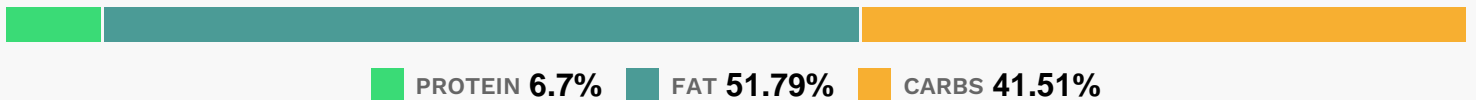
- bowl
- frying pan

- oven
- knife
- loaf pan

Directions

- Heat oven to 375F. Grease bottom of 9x5-inch loaf pan with shortening, or spray bottom with cooking spray.
- In medium bowl, stir Muffin
- Mix, flour, water, oil and eggs just until blended (batter may be lumpy).
- Spread batter in pan.
- Sprinkle with Streusel.
- Bake 38 to 43 minutes or until top is golden brown and springs back when lightly touched. Cool 15 minutes. Run knife around edges of pan before removing; remove from pan. Cool completely before slicing, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:2.8986956277943%

Nutrients (% of daily need)

Calories: 120.45kcal (6.02%), Fat: 6.93g (10.66%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.45g (4.16%), Sugar: 3.09g (3.43%), Cholesterol: 20.76mg (6.92%), Sodium: 131.29mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Phosphorus: 87.36mg (8.74%), Vitamin K: 9.13µg (8.69%), Vitamin B1: 0.09mg (5.8%), Folate: 21.36µg (5.34%), Selenium: 3.41µg (4.88%), Vitamin B2: 0.08mg (4.65%), Fiber: 1.05g (4.2%), Manganese: 0.07mg (3.34%), Vitamin B3: 0.66mg (3.31%), Iron: 0.59mg (3.3%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.49%), Calcium: 12.28mg (1.23%), Magnesium: 4.92mg (1.23%), Zinc: 0.18mg (1.17%), Copper: 0.02mg (1.08%), Vitamin B12: 0.06µg (1.04%)