



Cinnamon Swirl Bread



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



425 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a small bowl, mix together 1/3 cup sugar and 2 teaspoons cinnamon; set aside.
- ☐ In large bowl combine flour, baking powder, salt and remaining 1 cup sugar.
- ☐ Combine egg, milk, and oil; add to flour mixture. Stir until just moistened.
- ☐ Pour half of the batter into pan.
- ☐ Sprinkle with half the reserved cinnamon/sugar mixture. Repeat with remaining batter and cinnamon/sugar mixture. Draw a knife through batter to marble.
- ☐ Bake in preheated oven for 45 to 50 minutes, or until a toothpick inserted into center of the loaf comes out clean.
- ☐ Let cool in pan for 10 minutes before removing to a wire rack to cool completely. Wrap in foil and let sit overnight before slicing.

Nutrition Facts



Properties

Glycemic Index:46.68, Glycemic Load:47.51, Inflammation Score:-3, Nutrition Score:10.133913072474%

Nutrients (% of daily need)

Calories: 424.66kcal (21.23%), Fat: 14.63g (22.51%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 68.04g (22.68%), Net Carbohydrates: 66.56g (24.2%), Sugar: 35.38g (39.31%), Cholesterol: 32.16mg (10.72%), Sodium: 432.89mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Selenium: 17.37µg (24.82%), Vitamin B1: 0.35mg (23.53%), Vitamin K: 22.75µg (21.67%), Manganese: 0.41mg (20.32%), Folate: 79.74µg (19.93%), Calcium: 185.03mg (18.5%), Vitamin B2: 0.3mg (17.77%), Phosphorus: 144.84mg (14.48%), Iron: 2.36mg (13.1%), Vitamin B3: 2.52mg (12.59%), Vitamin E: 1.13mg (7.52%), Fiber: 1.48g (5.93%), Vitamin B12: 0.28µg (4.75%), Vitamin B5: 0.45mg (4.49%), Magnesium: 15.87mg (3.97%), Vitamin D: 0.59µg (3.96%), Zinc: 0.57mg (3.79%), Copper: 0.07mg (3.53%), Potassium: 119.68mg (3.42%), Vitamin B6: 0.06mg (2.83%), Vitamin A: 107.45IU (2.15%)