



Cocoa Bread With Stewed Yard Peaches

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



412 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup blackstrap molasses
- ☐ 8 servings stewed yard peaches
- ☐ 2 cups self-rising flour
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa unsweetened

☐ 1 cup water boiling

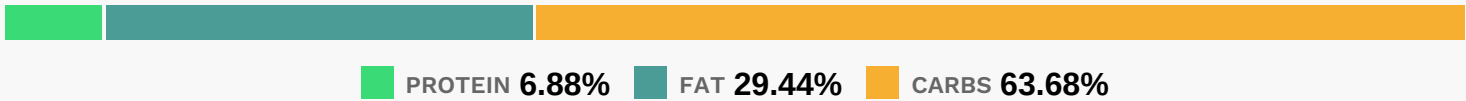
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together first 4 ingredients in a large bowl; let cool.
- ☐ Whisk in eggs.
- ☐ Sift together self-rising flour and next 3 ingredients; whisk into molasses mixture, whisking until smooth.
- ☐ Pour batter into a greased and floured 8-inch square baking pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Serve with warm Stewed Yard Peaches.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:35.53, Inflammation Score:-8, Nutrition Score:12.360869537229%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 8.79mg, Epicatechin: 8.79mg, Epicatechin: 8.79mg, Epicatechin: 8.79mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 411.65kcal (20.58%), Fat: 13.97g (21.49%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 67.97g (22.66%), Net Carbohydrates: 63.85g (23.22%), Sugar: 40.99g (45.54%), Cholesterol: 46.5mg (15.5%), Sodium: 250.05mg (10.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.18mg (2.06%), Protein: 7.35g (14.7%), Manganese: 0.81mg (40.6%), Selenium: 23.61µg (33.73%), Magnesium: 86.57mg (21.64%), Vitamin A: 1065.35IU (21.31%), Copper: 0.39mg (19.69%), Potassium: 587.15mg (16.78%), Fiber: 4.13g (16.51%), Iron: 2.4mg (13.36%), Vitamin E: 1.8mg (12%), Phosphorus: 117.74mg (11.77%), Vitamin B6: 0.22mg (10.81%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.14mg (8.06%), Vitamin C: 6.19mg (7.5%), Vitamin B5: 0.75mg (7.47%), Calcium: 72.08mg (7.21%), Zinc: 1.02mg (6.83%), Folate: 26.2µg (6.55%), Vitamin B1: 0.08mg (5.21%), Vitamin K: 4.78µg (4.55%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.25µg (1.67%)