



Coffee Can Date-Nut Bread

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



983 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 cup dates chopped
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 0.8 cup walnuts toasted roughly chopped
- ☐ 2 cups water boiling

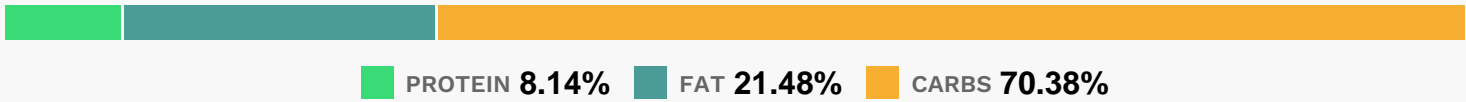
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ skewers

Directions

- ☐ Preheat the oven to 350°F. Butter and flour coffee cans.
- ☐ Mix the dates, boiling water, and baking soda in a bowl. Set aside to cool slightly.
- ☐ Mix together the sugar and eggs in a large bowl, then add the butter and vanilla and beat well. Sift the flour and salt together and add to the mixture, stirring just to combine. Gently mix in the dates and nuts, with their liquid, until just combined.
- ☐ Distribute the batter among the cans, filling them about halfway.
- ☐ Bake for about 1 hour, or until a skewer inserted in the center comes out clean.
- ☐ Let cool on a rack.
- ☐ Remove from the cans, wrap in plastic wrap, and mail to friends.

Nutrition Facts



Properties

Glycemic Index:66.77, Glycemic Load:117.03, Inflammation Score:-8, Nutrition Score:27.138260913932%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 983.43kcal (49.17%), Fat: 23.89g (36.75%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 176.07g (58.69%), Net Carbohydrates: 168.28g (61.19%), Sugar: 74.33g (82.59%), Cholesterol: 108.05mg (36.02%), Sodium: 1219.26mg (53.01%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 20.36g (40.71%), Manganese: 1.71mg (85.53%), Selenium: 52.6µg (75.15%), Vitamin B1: 1.09mg (72.38%), Folate: 269.19µg (67.3%), Vitamin B2: 0.8mg (47.16%), Vitamin B3: 8.12mg (40.59%), Iron: 7.28mg (40.46%), Copper: 0.65mg (32.31%), Fiber: 7.78g (31.14%), Phosphorus: 284.93mg (28.49%), Magnesium: 82.42mg (20.61%), Potassium: 510.35mg (14.58%), Vitamin B6: 0.28mg (13.82%), Zinc: 2.01mg (13.38%), Vitamin B5: 1.28mg (12.8%), Calcium: 74.78mg (7.48%), Vitamin A: 317.99IU (6.36%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.52µg (2.4%)