

Coffee Date Bread

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



724 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter softened
- ☐ 1 cup dates pitted chopped
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup strong coffee decoction brewed

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

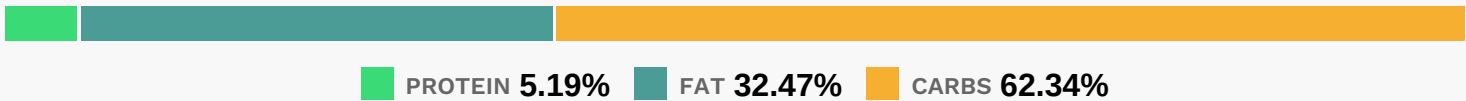
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x4 inch loaf pan, and line the bottom of the pan with parchment paper.
- ☐ Place the dates in a small bowl, and sprinkle the baking soda over.
- ☐ Heat coffee to boiling, and pour over the dates and soda. Set aside.
- ☐ In a medium bowl, mix together the butter, sugar and egg until well blended. Stir in vanilla. Blend in the flour and salt, then fold in the pecans and date mixture.
- ☐ Transfer the batter to the prepared loaf pan.
- ☐ Bake for 1 hour in the preheated oven, or until the top of the loaf springs back when lightly touched.
- ☐ Let stand for 5 minutes before removing from pan. Peel off paper, and allow to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:64.27, Glycemic Load:73.71, Inflammation Score:-6, Nutrition Score:16.921304264794%

Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 724.45kcal (36.22%), Fat: 27.12g (41.72%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 117.13g (39.04%), Net Carbohydrates: 110.31g (40.11%), Sugar: 74.58g (82.87%), Cholesterol: 55.97mg (18.66%), Sodium: 919.05mg (39.96%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Caffeine: 23.7mg (7.9%), Protein: 9.76g (19.52%), Manganese: 1.66mg (83.24%), Vitamin B1: 0.58mg (38.67%), Selenium: 21.78µg (31.11%), Fiber: 6.82g (27.29%), Folate: 105.32µg (26.33%), Copper: 0.48mg (24.2%), Vitamin B2: 0.4mg (23.49%), Iron: 3.47mg (19.28%), Vitamin B3: 3.68mg (18.41%), Phosphorus: 174.19mg (17.42%), Magnesium: 62.46mg (15.61%), Potassium: 451.45mg (12.9%), Zinc: 1.84mg (12.25%), Vitamin B5: 0.98mg (9.84%), Vitamin B6: 0.16mg (7.91%), Vitamin A: 253.26IU (5.07%), Calcium: 50.43mg (5.04%), Vitamin E: 0.71mg (4.75%), Vitamin K: 2.67µg (2.54%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.47%)