



## Country Cinnamon Swirl Bread

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



259 kcal

BREAD

### Ingredients

- 0.3 cup butter softened
- 1.3 cups sugar divided
- 1 large eggs room temperature
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup buttermilk

1 tablespoon ground cinnamon

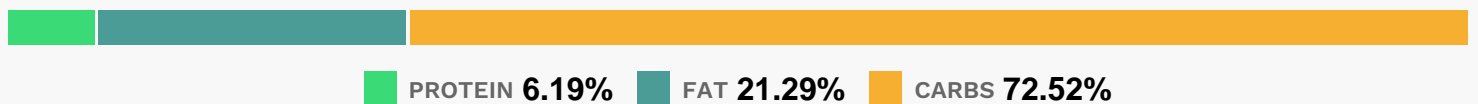
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- In a large bowl, beat the butter, 1 cup sugar and egg until blended.
- Combine the flour, baking powder, baking soda and salt; add to egg mixture alternately with buttermilk. In a small bowl, combine the cinnamon and remaining sugar.
- Pour a third of the batter into a greased 8x4-in. loaf pan; sprinkle with a third of the cinnamon sugar. Repeat layers twice.
- Bake at 350&deg; for 45–50 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:32.31, Glycemic Load:32.9, Inflammation Score:-3, Nutrition Score:5.5773912943576%

## Nutrients (% of daily need)

Calories: 258.57kcal (12.93%), Fat: 6.21g (9.56%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 46.5g (16.91%), Sugar: 27.89g (30.99%), Cholesterol: 33.44mg (11.15%), Sodium: 283.03mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Selenium: 11.14µg (15.92%), Manganese: 0.31mg (15.7%), Vitamin B1: 0.21mg (14%), Folate: 49.52µg (12.38%), Vitamin B2: 0.19mg (11.47%), Iron: 1.38mg (7.67%), Vitamin B3: 1.51mg (7.57%), Phosphorus: 67.94mg (6.79%), Calcium: 67.37mg (6.74%), Fiber: 1.1g (4.4%), Vitamin A: 210.78IU (4.22%), Vitamin B5: 0.29mg (2.86%), Vitamin D: 0.41µg (2.75%), Vitamin B12: 0.16µg (2.74%),

Copper: 0.05mg (2.52%), Zinc: 0.35mg (2.36%), Magnesium: 9.2mg (2.3%), Potassium: 71.5mg (2.04%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.48%)