

Cumin Quick Bread

READY IN



45 min.

SERVINGS



10

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon cumin seed crushed
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup egg substitute
- ☐ 0.7 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons picante sauce
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons measures-like-sugar" calorie-free sweetener
- ☐ 2.5 tablespoons vegetable oil

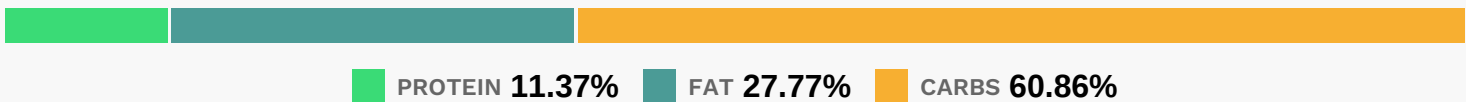
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine milk and next 3 ingredients; stir well.
- ☐ Add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Spoon batter into an 8 1/2- x 4 1/2-inch loafpan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pan, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:28.03, Glycemic Load:12.6, Inflammation Score:-2, Nutrition Score:4.9813042950371%

Nutrients (% of daily need)

Calories: 120.63kcal (6.03%), Fat: 3.74g (5.75%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.82g (6.48%), Sugar: 3.57g (3.96%), Cholesterol: 0.49mg (0.16%), Sodium: 230.19mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Selenium: 10.16µg (14.52%), Vitamin B1: 0.17mg (11.37%), Calcium: 106.47mg (10.65%), Folate: 36.18µg (9.04%), Vitamin B2: 0.15mg (8.71%), Iron: 1.51mg (8.4%), Manganese: 0.15mg (7.54%), Phosphorus: 73.71mg (7.37%), Vitamin K: 6.49µg (6.18%), Vitamin B3: 1.2mg (5.99%), Vitamin E: 0.47mg (3.17%), Vitamin B5: 0.28mg (2.8%), Magnesium: 10.11mg (2.53%), Fiber: 0.62g (2.5%), Potassium: 82.24mg (2.35%), Zinc: 0.32mg (2.11%), Vitamin D: 0.31µg (2.05%), Vitamin B12: 0.12µg (2.03%), Vitamin B6: 0.04mg

(1.82%), Copper: 0.04mg (1.81%), Vitamin A: 73.05IU (1.46%)