



Dark Chocolate Roasted Cherry Quick Bread

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup milk
- ☐ 3 eggs
- ☐ 0.5 cup cream cheese softened
- ☐ 1 cup cherries
- ☐ 1 serving powdered sugar

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup rolled oats
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 2 tablespoons butter unsalted cold
- ☐ 2.3 cups frangelico

Equipment

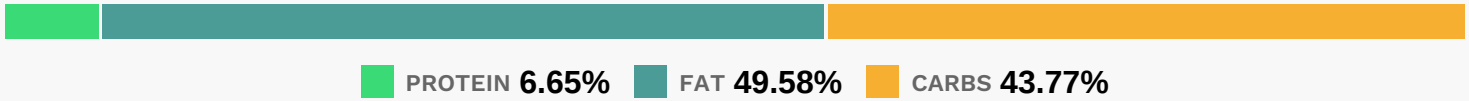
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 375°F (350°F for dark or nonstick pan). Lightly grease bottom only of 9x5-inch loaf pan.
- ☐ In large bowl, beat Bisquick mix and 1/2 cup baking cocoa with whisk.
- ☐ Add granulated sugar, oil, milk and eggs; stir to combine. Stir in cream cheese; fold in roasted cherries.
- ☐ Spread batter evenly in pan.
- ☐ To make Streusel: In small bowl, mix flour, oats, brown sugar and 2 teaspoons unsweetened cocoa.
- ☐ Cut in butter until mixture looks like coarse crumbs.
- ☐ Sprinkle streusel over top of batter in pan.

- ☐ Bake 45 to 60 minutes or until toothpick inserted in center of loaf comes out clean. Cool 15 minutes in pan. Carefully loosen bread from edges of the pan with knife, then remove from pan to cooling rack to cool completely.
- ☐ Sprinkle top of cooled bread with powdered sugar.
- ☐ *To roast cherries: Toss fresh or frozen (thawed) dark sweet cherries in ungreased shallow baking dish with 1 teaspoon sugar.
- ☐ Bake at 450°F about 10 minutes or just until cherries burst.
- ☐ Transfer cherries to bowl, and freeze 10 minutes to cool before folding in to batter.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:13.36, Inflammation Score:-4, Nutrition Score:5.7526086154191%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 9.53mg, Epicatechin: 9.53mg, Epicatechin: 9.53mg, Epicatechin: 9.53mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 238.51kcal (11.93%), Fat: 13.93g (21.43%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 25.43g (9.25%), Sugar: 20.72g (23.03%), Cholesterol: 67.32mg (22.44%), Sodium: 58.98mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.35mg (3.45%), Protein: 4.21g (8.41%), Manganese: 0.28mg (14.23%), Selenium: 7.58µg (10.84%), Vitamin K: 10.97µg (10.44%), Copper: 0.21mg (10.28%), Phosphorus: 92.82mg (9.28%), Fiber: 2.24g (8.98%), Vitamin B2: 0.13mg (7.81%), Magnesium: 31.07mg (7.77%), Iron: 1.18mg (6.54%), Vitamin A: 312.4IU (6.25%), Vitamin E: 0.77mg (5.16%), Zinc: 0.67mg (4.46%), Potassium: 156.25mg (4.46%), Folate: 15.69µg (3.92%), Calcium: 37.8mg (3.78%), Vitamin B5: 0.37mg (3.71%), Vitamin B1: 0.05mg (3.5%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.37µg (2.49%), Vitamin B6: 0.05mg (2.45%), Vitamin B3: 0.36mg (1.79%), Vitamin C: 0.97mg (1.17%)