



Date Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



177 kcal

BREAD

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 tablespoon butter melted
- ☐ 2 cups dates pitted chopped
- ☐ 1 large eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 4 teaspoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups water boiling

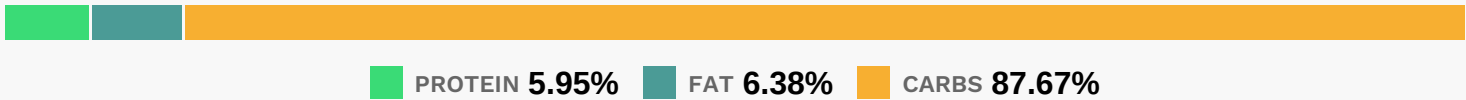
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Combine the first 3 ingredients in a large bowl; cover date mixture, and let stand 24 hours.
- ☐ Preheat oven to 32
- ☐ Coat 2 (8 x 4-inch) loaf pans with cooking spray, and dust each pan with 2 teaspoons flour.
- ☐ Add the sugar, butter, vanilla, and egg to date mixture. Lightly spoon 2 1/4 cups flour into dry measuring cups, and level with a knife.
- ☐ Add flour and salt to date mixture, stirring just until blended. Divide the batter evenly between prepared pans.
- ☐ Bake at 325 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool the loaves 10 minutes in pans on a wire rack.
- ☐ Remove loaves from pans, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:25.11, Inflammation Score:-2, Nutrition Score:3.984347825465%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 177.21kcal (8.86%), Fat: 1.3g (1.99%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 38.12g (13.86%), Sugar: 24.22g (26.91%), Cholesterol: 13.51mg (4.5%), Sodium: 221.89mg (9.65%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 2.72g (5.44%), Selenium: 7.72µg (11.03%), Vitamin B1: 0.15mg (10.19%), Folate: 38.07µg (9.52%), Manganese: 0.17mg (8.68%), Fiber: 1.96g (7.83%), Vitamin B2: 0.12mg (6.98%), Vitamin B3: 1.3mg (6.52%), Iron: 1.09mg (6.05%), Potassium: 145.04mg (4.14%), Phosphorus: 37.33mg (3.73%), Copper: 0.07mg (3.6%), Magnesium: 12.6mg (3.15%), Vitamin B5: 0.24mg (2.36%), Vitamin B6: 0.04mg (2.18%), Zinc: 0.23mg (1.5%), Calcium: 12.92mg (1.29%)