



Date-Nut-Carrot Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup carrots shredded
- 0.5 cup dates pitted chopped
- 1 large egg white
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 cup golden raisins
- 1.5 teaspoons ground cinnamon

- 0.5 teaspoon salt
- 0.8 cup sugar
- 3 tablespoons vegetable oil
- 0.5 cup walnuts coarsely chopped
- 0.8 cup water hot

Equipment

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

Directions

- Preheat oven to 35
- Combine water, dates, and raisins in a bowl; let stand 15 minutes. Stir in carrot, walnuts, oil, eggs, and egg white.
- Combine flour, sugar, baking powder, cinnamon, and salt in a large bowl.
- Add carrot mixture to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



PROTEIN 7.59% **FAT 27.93%** **CARBS 64.48%**

Properties

Glycemic Index:26.1, Glycemic Load:19.21, Inflammation Score:-7, Nutrition Score:6.362608715244%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 180.21kcal (9.01%), Fat: 5.78g (8.88%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 30g (10%), Net Carbohydrates: 28.46g (10.35%), Sugar: 15.51g (17.23%), Cholesterol: 23.25mg (7.75%), Sodium: 171.68mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin A: 1371.97IU (27.44%), Manganese: 0.3mg (15.21%), Selenium: 8.05µg (11.5%), Vitamin B1: 0.15mg (9.72%), Folate: 37.74µg (9.43%), Vitamin B2: 0.14mg (8.15%), Phosphorus: 69.62mg (6.96%), Iron: 1.2mg (6.66%), Calcium: 62.82mg (6.28%), Fiber: 1.54g (6.16%), Vitamin K: 6.25µg (5.95%), Copper: 0.12mg (5.92%), Vitamin B3: 1.16mg (5.81%), Potassium: 135.53mg (3.87%), Magnesium: 15.14mg (3.79%), Vitamin B6: 0.07mg (3.54%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.24mg (2.45%), Zinc: 0.36mg (2.38%)