



Debbie's Amazing Apple Bread

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



366 kcal

BREAD

Ingredients

- 2 cups apples diced peeled
- 1 teaspoon double-acting baking powder
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon to taste
- 1.5 teaspoons salt
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil

2 cups sugar white

Equipment

bowl

oven

mixing bowl

wire rack

loaf pan

toothpicks

aluminum foil

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a loaf pan.

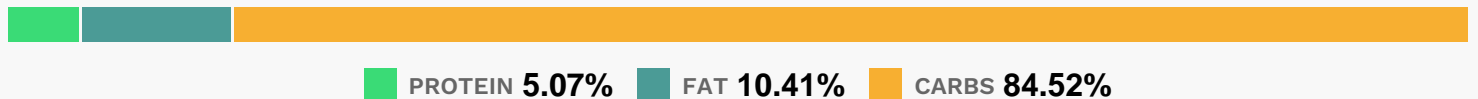
Beat eggs, sugar, vegetable oil, and vanilla extract in a mixing bowl; add apples.

Mix flour, salt, baking powder, and cinnamon in a separate bowl; add to apple mixture and stir just until evenly combined into a thick batter.

Pour batter into the prepared loaf pan.

Bake in the preheated oven for 45 minutes. Cover loaf pan with aluminum foil; continue baking until a toothpick inserted into the center comes out clean, about 15 minutes more. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:53.43, Inflammation Score:-2, Nutrition Score:6.4169565128243%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate:

0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 365.77kcal (18.29%), Fat: 4.29g (6.6%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 78.4g (26.13%), Net Carbohydrates: 76.74g (27.91%), Sugar: 53.4g (59.34%), Cholesterol: 40.92mg (13.64%), Sodium: 506.19mg (22.01%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 4.7g (9.4%), Selenium: 14.28µg (20.4%), Vitamin B1: 0.26mg (17.01%), Folate: 63.3µg (15.83%), Vitamin B2: 0.22mg (13.13%), Manganese: 0.25mg (12.72%), Iron: 1.78mg (9.87%), Vitamin B3: 1.89mg (9.44%), Phosphorus: 70.06mg (7.01%), Fiber: 1.66g (6.64%), Vitamin K: 5.86µg (5.59%), Calcium: 44.24mg (4.42%), Copper: 0.07mg (3.32%), Vitamin B5: 0.33mg (3.25%), Vitamin E: 0.42mg (2.78%), Zinc: 0.38mg (2.55%), Magnesium: 10.1mg (2.52%), Potassium: 85.26mg (2.44%), Vitamin B6: 0.05mg (2.29%), Vitamin C: 1.44mg (1.75%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 76.64IU (1.53%), Vitamin D: 0.22µg (1.47%)