



Dee's Date and Nut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

SIDE DISH

Ingredients

- 2 teaspoons baking soda
- 1 tablespoon butter melted
- 1.5 cups dates pitted chopped
- 1 eggs
- 2.8 cups flour all-purpose
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

- 1.5 cups water hot
- 1 cup sugar white

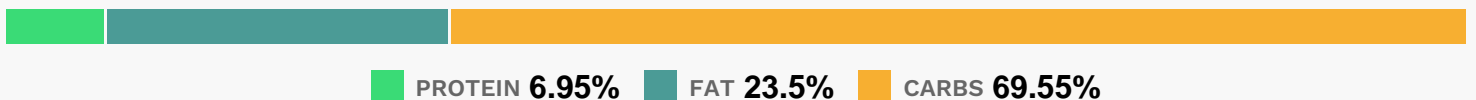
Equipment

- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease loaf pan.
- Pour the hot water over the dates and let stand until cooled.
- Sift the flour and baking soda together add the sugar and salt. Stir in the cooled dates and water.
- Add the melted butter, beaten egg vanilla and walnuts.
- Mix well.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 1 hour or until a toothpick insert near the center comes out clean.
- Let bread cool in pan for 10 minutes.
- Remove bread from pan and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:67.98, Inflammation Score:-6, Nutrition Score:15.424347779025%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 597.18kcal (29.86%), Fat: 16.12g (24.79%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 107.29g (35.76%), Net Carbohydrates: 101.5g (36.91%), Sugar: 57.34g (63.71%), Cholesterol: 32.3mg (10.77%), Sodium: 783.42mg (34.06%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 10.73g (21.45%), Manganese: 1.16mg (57.93%), Vitamin B1: 0.54mg (35.9%), Selenium: 23.96µg (34.23%), Folate: 134.45µg (33.61%), Copper: 0.49mg (24.31%), Fiber: 5.79g (23.17%), Vitamin B2: 0.38mg (22.22%), Iron: 3.75mg (20.83%), Vitamin B3: 4.08mg (20.38%), Phosphorus: 167.25mg (16.73%), Magnesium: 60.82mg (15.21%), Potassium: 400.79mg (11.45%), Vitamin B6: 0.2mg (10.16%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.69mg (6.94%), Calcium: 49.12mg (4.91%), Vitamin E: 0.32mg (2.14%), Vitamin A: 105.49IU (2.11%), Vitamin K: 1.88µg (1.79%), Vitamin B12: 0.07µg (1.15%)