



Double Chocolate Apple Butter Bread

READY IN



75 min.

SERVINGS



10

CALORIES



356 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup spiced apple butter
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup natural cocoa powder unsweetened
- ☐ 0.8 cup chocolate chips dark
- ☐ 2 large eggs
- ☐ 7.9 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup pecans chopped

- ☐ 1 cup yogurt plain
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

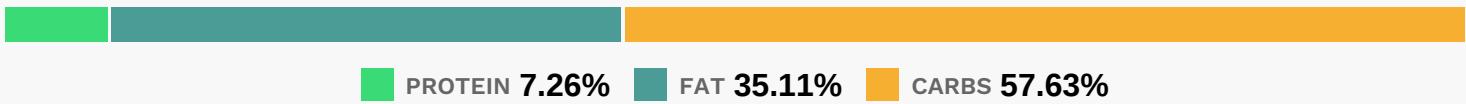
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 9×5 inch or 8 ½ x 4 ½ inch metal loaf pan with flour-added baking spray.
- ☐ Mix the flour, cocoa powder, baking powder, baking soda, salt and salt together in a bowl and set aside.In a large mixing bowl, whisk the apple butter, oil and sugar together until smooth.
- ☐ Add the eggs one by one, then whisk in the vanilla and the yogurt until smooth.
- ☐ Whisk in the flour, then stir in the chocolate chips.Scrape batter into the loaf pan and sprinkle nuts across the top.
- ☐ Bake on center rack for 50 to 60 minutes or until a pick inserted in the center comes out clean.
- ☐ Let cool in the pan for about an hour, then remove from pan and let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:26.61, Glycemic Load:26.61, Inflammation Score:-4, Nutrition Score:9.1860869539821%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 355.57kcal (17.78%), Fat: 14.3g (22%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 49.71g (18.08%), Sugar: 29.38g (32.64%), Cholesterol: 40.52mg (13.51%), Sodium: 293.26mg (12.75%), Alcohol: 0.21g (100%), Alcohol %: 0.23% (100%), Caffeine: 9.89mg (3.3%), Protein: 6.65g (13.31%), Manganese: 0.5mg (24.76%), Selenium: 12.78µg (18.26%), Vitamin B1: 0.22mg (14.84%), Vitamin B2: 0.24mg (13.84%), Copper: 0.27mg (13.58%), Folate: 52.3µg (13.08%), Phosphorus: 128.55mg (12.86%), Fiber: 3.11g (12.45%), Iron: 2.13mg (11.84%), Vitamin K: 11.5µg (10.95%), Calcium: 100.36mg (10.04%), Magnesium: 39.19mg (9.8%), Zinc: 1.33mg (8.88%), Vitamin B3: 1.62mg (8.12%), Potassium: 247.64mg (7.08%), Vitamin E: 0.84mg (5.59%), Vitamin B5: 0.49mg (4.87%), Vitamin B12: 0.22µg (3.62%), Vitamin B6: 0.07mg (3.33%), Vitamin A: 83.2IU (1.66%), Vitamin D: 0.22µg (1.5%)