



Dried Cherry-Almond Bread

READY IN



150 min.

SERVINGS



24

CALORIES



194 kcal

Ingredients

- 1.5 cups water boiling
- 10 oz cherries dried
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 0.5 teaspoon almond extract
- 1.8 cups flour all-purpose
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1.5 cups slivered almonds

- 0.5 cup powdered sugar
- 0.3 teaspoon almond extract
- 1 teaspoons milk

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- In medium bowl, pour boiling water over cherries; let stand 20 minutes.
- Drain.
- Heat oven to 325°F. Spray 9x5-inch loaf pan with baking spray with flour.
- In large bowl, beat brown sugar and softened butter with electric mixer on medium speed until well blended. Beat in eggs and 1/2 teaspoon almond extract until mixture is smooth. Stir in flour, baking powder and salt just until dry ingredients are moistened. Stir in almonds and cherries; mixture will be thick. Spoon into pan.
- Bake 60 to 70 minutes or until toothpick inserted in center comes out clean and top is dark golden brown. Cool 10 minutes on cooling rack. Loosen sides of loaf from pan; remove from pan, and place top side up on cooling rack. Cool completely, about 1 hour.
- In small bowl, mix glaze ingredients until smooth.
- Drizzle over cooled bread. Wrap tightly; store at room temperature.
- Cut loaf into 12 slices; cut each slice in half.

Nutrition Facts



■ PROTEIN 7.52% ■ FAT 34.6% ■ CARBS 57.88%

Properties

Glycemic Index:8.96, Glycemic Load:5.16, Inflammation Score:-5, Nutrition Score:4.8026086941523%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 194.24kcal (9.71%), Fat: 7.62g (11.72%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 26.48g (9.63%), Sugar: 17.81g (19.79%), Cholesterol: 13.66mg (4.55%), Sodium: 130.34mg (5.67%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.73g (7.46%), Vitamin E: 1.92mg (12.79%), Vitamin A: 608.7IU (12.17%), Manganese: 0.22mg (11.19%), Fiber: 2.2g (8.81%), Vitamin B2: 0.14mg (8.32%), Selenium: 4.62µg (6.6%), Vitamin B1: 0.09mg (5.83%), Iron: 1.02mg (5.69%), Phosphorus: 56.72mg (5.67%), Calcium: 56.69mg (5.67%), Magnesium: 21.89mg (5.47%), Folate: 21.51µg (5.38%), Copper: 0.09mg (4.61%), Vitamin B3: 0.8mg (3.99%), Potassium: 79.08mg (2.26%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.14mg (1.45%), Vitamin B6: 0.02mg (1.19%)