



## Dried Fruit-and-Walnut Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



205 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup apple sauce sweetened
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 5 ounces fruit bits mixed dried finely chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 cup honey

- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup walnuts finely chopped

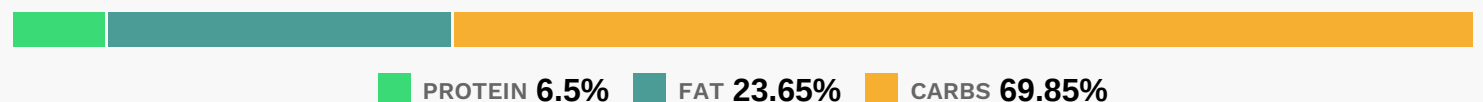
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through cardamom) in a large bowl; make a well in center of mixture.
- ☐ Combine applesauce and next 5 ingredients (applesauce through egg); add to flour mixture, stirring just until moist. Fold in fruit and nuts.
- ☐ Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:24.67, Glycemic Load:20.51, Inflammation Score:-2, Nutrition Score:5.3282608104789%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 204.7kcal (10.24%), Fat: 5.53g (8.51%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 34.86g (12.68%), Sugar: 18.76g (20.84%), Cholesterol: 15.2mg (5.07%), Sodium: 220.86mg (9.6%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 3.42g (6.84%), Manganese: 0.28mg (14.07%), Vitamin B1: 0.18mg (12.11%), Selenium: 8.38µg (11.98%), Folate: 42.65µg (10.66%), Vitamin B2: 0.14mg (8.4%), Iron: 1.39mg (7.71%), Fiber: 1.89g (7.56%), Vitamin K: 7.18µg (6.84%), Vitamin B3: 1.3mg (6.51%), Calcium: 57.74mg (5.77%), Phosphorus: 57.25mg (5.73%), Copper: 0.1mg (5.13%), Magnesium: 16.46mg (4.12%), Potassium: 133.22mg (3.81%), Vitamin E: 0.38mg (2.56%), Zinc: 0.37mg (2.45%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.1%)