



Dried Plum-and-Port Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 2 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 1 tablespoon granulated sugar
- 0.5 teaspoon ground cinnamon
- 2 teaspoons lemon zest grated
- 0.3 cup yogurt plain low-fat

- 1.8 cups red wine sweet
- 2 cups prune- cut to pieces dried pitted chopped (plums)
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.5 cup flour whole-wheat all-purpose

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- measuring cup
- colander

Directions

- Combine prunes and port in a small saucepan; bring to a boil. Cover and remove from heat; let stand 30 minutes.
- Preheat oven to 35
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine all-purpose flour and next 5 ingredients (all-purpose flour through cinnamon) in a medium bowl; stir well with a whisk. Make a well in center of mixture.
- Drain prunes in a colander over a bowl, reserving liquid.
- Combine reserved liquid, oil, and next 4 ingredients (oil through eggs); stir well with a whisk. Stir in prunes.

- Add to flour mixture, stirring just until moist.
- Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with turbinado sugar.
- Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack.

Nutrition Facts

PROTEIN 6.32%

FAT 19.33%

CARBS 74.35%

Properties

Glycemic Index:23.84, Glycemic Load:14.45, Inflammation Score:-5, Nutrition Score:8.6860869734184%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.69mg, Petunidin: 0.69mg, Petunidin: 0.69mg, Petunidin: 0.69mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 4.84mg, Malvidin: 4.84mg, Malvidin: 4.84mg, Malvidin: 4.84mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 286.37kcal (14.32%), Fat: 5.81g (8.93%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 50.26g (16.75%), Net Carbohydrates: 47.17g (17.15%), Sugar: 26.11g (29.01%), Cholesterol: 31.31mg (10.44%), Sodium: 206.95mg (9%), Alcohol: 3.82g (100%), Alcohol %: 4.07% (100%), Protein: 4.27g (8.55%), Vitamin K: 25.95µg (24.71%), Manganese: 0.47mg (23.49%), Selenium: 11.45µg (16.35%), Fiber: 3.1g (12.39%), Vitamin B2: 0.2mg (11.77%), Vitamin B1: 0.17mg (11.34%), Phosphorus: 105.56mg (10.56%), Potassium: 334.92mg (9.57%), Calcium: 95.09mg (9.51%), Iron: 1.69mg (9.37%), Folate: 36.97µg (9.24%), Vitamin B3: 1.83mg (9.13%), Magnesium: 29.85mg (7.46%), Copper: 0.14mg (7.13%), Vitamin B6: 0.13mg (6.49%), Vitamin A: 275.66IU (5.51%), Vitamin E: 0.63mg (4.22%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.17µg (1.11%)