



Dulce de Leche Apple Bread

 Vegetarian

READY IN



210 min.

SERVINGS



16

CALORIES



132 kcal

Ingredients

- ☐ 2.5 cups dulce de leche
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 2 cups apples peeled chopped (2 medium)
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt

☐ 0.3 teaspoon ground cinnamon

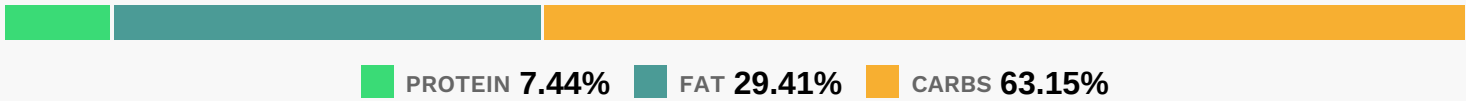
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9x5-inch loaf pan with cooking spray. Reserve 1/2 cup of the cereal.
- ☐ Place remaining cereal in 1-gallon resealable food-storage plastic bag; seal bag. Crush cereal with rolling pin; set aside.
- ☐ In large bowl, beat sugar and oil with electric mixer on medium speed until mixed. Beat in buttermilk and egg until just blended; stir in apples. Stir in crushed cereal and all remaining ingredients except reserved cereal until well mixed; spread in pan.
- ☐ Sprinkle with reserved cereal; lightly press into batter.
- ☐ Bake 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 2 hours. Wrap tightly and store at room temperature up to 4 days or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:13.79, Inflammation Score:-2, Nutrition Score:3.5113043448199%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 132.48kcal (6.62%), Fat: 4.36g (6.71%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.27g (7.37%), Sugar: 8.65g (9.61%), Cholesterol: 11.88mg (3.96%), Sodium: 124.93mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Selenium: 6.74µg (9.62%), Vitamin B1: 0.13mg (8.9%), Folate: 31.11µg (7.78%), Vitamin B2: 0.12mg (7.11%), Vitamin K: 6.72µg (6.4%), Manganese: 0.12mg (5.96%), Vitamin B3: 0.95mg (4.76%), Iron: 0.8mg (4.46%), Phosphorus: 36.81mg (3.68%), Fiber: 0.81g (3.25%), Vitamin E: 0.36mg (2.37%), Calcium: 22.47mg (2.25%), Vitamin B5: 0.18mg (1.77%), Vitamin D: 0.25µg (1.67%), Copper: 0.03mg (1.65%), Potassium: 57.75mg (1.65%), Vitamin B12: 0.09µg (1.56%), Magnesium: 6.07mg (1.52%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.17%)