



Eggless Almond Butter Bread



Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



190 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.5 cup almond butter organic (I Used Nature's Promise Almond Butter)
- ☐ 4 Teaspoons double-acting baking powder
- ☐ 1.5 cups milk 2% (I Used Milk)
- ☐ 1 Teaspoon salt
- ☐ 0.3 cup slivered almonds. optional toasted
- ☐ 0.3 cup sugar

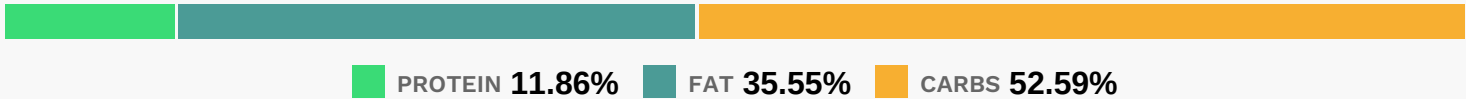
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes.
- ☐ Combine the dry ingredients and nuts.
- ☐ Add milk to the mix and stir well to avoid lumps.Now add the almond butter.
- ☐ Mix well and continuously stir them.
- ☐ Pour into a 8x4x3 inch loaf pan.Top the batter with some toasted almond slices.
- ☐ Bake for approximately 50 minutes.Have this for breadfast with or without jam. Enjoy!

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:15.74, Inflammation Score:-3, Nutrition Score:8.0000000751537%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 189.66kcal (9.48%), Fat: 7.71g (11.86%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 23.74g (8.63%), Sugar: 7.65g (8.5%), Cholesterol: 2.36mg (0.79%), Sodium: 350.21mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Manganese: 0.42mg (21.02%), Vitamin E: 3.12mg (20.79%), Vitamin B2: 0.28mg (16.59%), Calcium: 159.25mg (15.92%), Phosphorus: 142.59mg (14.26%), Vitamin B1: 0.18mg (12.26%), Selenium: 8.18µg (11.68%), Folate: 46.11µg (11.53%), Magnesium: 43.33mg (10.83%), Iron: 1.57mg (8.73%), Vitamin B3: 1.67mg (8.34%), Fiber: 1.92g (7.68%), Copper: 0.15mg (7.65%), Zinc: 0.7mg (4.68%), Potassium: 158.42mg (4.53%), Vitamin B12: 0.16µg (2.61%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.03mg (1.71%)