



Eggless Mango Bread



Vegetarian

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READY IN

ready

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55 min.

SERVINGS

servings

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8

CALORIES

calories

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223 kcal

BREAD

Ingredients



1 teaspoon double-acting baking powder



1 teaspoon baking soda



1 cup mangos fresh diced



0.5 cup skim milk powder



0.5 cup unrefined sunflower oil



0.3 cup water hot



0.5 cup sugar white



2 cups flour whole wheat

☐ 0.5 cup yogurt

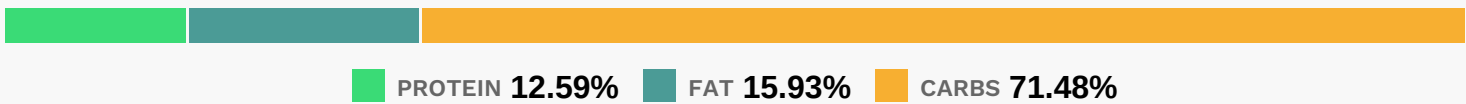
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch loaf pan.
- ☐ Place the mango, water, sugar, milk powder, yogurt, and oil in a blender. Blend until smooth, then pour into a bowl. Sift together the wheat flour, baking powder, and baking soda in a bowl. Fold the flour mixture into the mango puree.
- ☐ Pour resulting mixture into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the loaf comes out clean, about 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:10.42, Inflammation Score:-5, Nutrition Score:12.263478320578%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 223.34kcal (11.17%), Fat: 4.15g (6.38%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 38.35g (13.94%), Sugar: 20.04g (22.26%), Cholesterol: 3.49mg (1.16%), Sodium: 238.27mg (10.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Manganese: 1.24mg (61.79%), Selenium: 21.13µg (30.18%), Phosphorus: 208.09mg (20.81%), Calcium: 155.22mg (15.52%), Fiber: 3.54g (14.16%), Magnesium: 53.46mg (13.36%), Vitamin B1: 0.19mg (12.8%), Vitamin B2: 0.2mg (11.63%), Vitamin E: 1.53mg (10.18%), Vitamin C: 8.09mg (9.81%), Vitamin B6: 0.18mg (8.93%), Potassium: 301.88mg (8.63%), Vitamin B3: 1.71mg (8.54%), Vitamin A: 404.45IU (8.09%), Zinc: 1.2mg (7.98%), Copper: 0.15mg (7.62%), Folate: 26.89µg (6.72%), Iron: 1.21mg (6.7%), Vitamin B12: 0.36µg (5.98%), Vitamin D: 0.84µg (5.6%), Vitamin B5: 0.55mg (5.49%), Vitamin K: 1.62µg (1.54%)