



## Eggnog Quick Bread

READY IN



70 min.

SERVINGS



6

CALORIES



496 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 cup eggnog
- 2 eggs
- 2.3 cups flour all-purpose
- 0.3 teaspoon ground nutmeg
- 2 teaspoons rum extract flavored
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

1 cup sugar white

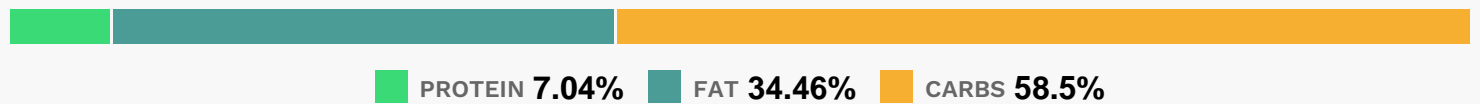
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease bottom only of a 9x5 inch loaf pan, or three 6x3 inch loaf pans.
- Beat eggs in large bowl. Stir in sugar, melted butter, eggnog, rum extract, and vanilla.
- Combine the flour, baking powder, salt, and nutmeg. Stir into eggnog mixture, just enough to moisten dry ingredients.
- Pour batter into prepared pan or pans.
- Bake bread in large pan for 40 to 60 minutes, or until a toothpick inserted in the center comes out clean. Breads baked in the smaller pans require 25 to 40 minutes.
- Let cool in pan for 10 minutes, then turn out onto a wire rack, and cool completely. Wrap tightly, and store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:68.68, Glycemic Load:51.38, Inflammation Score:-5, Nutrition Score:10.713478295699%

## Nutrients (% of daily need)

Calories: 495.88kcal (24.79%), Fat: 19.11g (29.39%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 72.99g (24.33%), Net Carbohydrates: 71.7g (26.07%), Sugar: 36.97g (41.08%), Cholesterol: 120.21mg (40.07%), Sodium: 501.79mg

(21.82%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 8.78g (17.56%), Selenium: 22.57µg (32.24%), Vitamin B1: 0.39mg (25.97%), Folate: 93.73µg (23.43%), Vitamin B2: 0.39mg (23.09%), Manganese: 0.33mg (16.59%), Phosphorus: 159.78mg (15.98%), Calcium: 153.84mg (15.38%), Iron: 2.69mg (14.94%), Vitamin B3: 2.83mg (14.17%), Vitamin A: 639.22IU (12.78%), Vitamin B5: 0.63mg (6.28%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.8µg (5.34%), Magnesium: 21.09mg (5.27%), Fiber: 1.29g (5.14%), Zinc: 0.74mg (4.9%), Vitamin E: 0.71mg (4.73%), Copper: 0.09mg (4.38%), Potassium: 147.04mg (4.2%), Vitamin B6: 0.07mg (3.38%), Vitamin K: 1.64µg (1.56%)