



Egnog 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 softened
- 1 cup eggnog
- 2 eggs beaten
- 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

frying pan

oven

plastic wrap

loaf pan

aluminum foil

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease bottom only of a 9x5-inch loaf pan, or three 3x5-inch loaf pans.

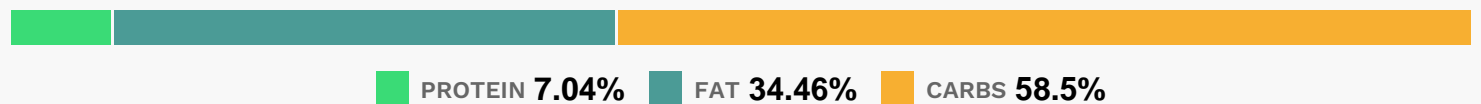
Blend together the eggs, eggnog, rum extract, sugar, vanilla and butter.

Sift together the flour, baking powder, salt and nutmeg.

Add to eggnog mixture and stir just enough to moisten; pour into prepared pan or pans.

Bake large loaf for 40 to 60 minutes, or until a tester inserted in the center comes out clean. Breads baked in the smaller pans require 35 to 40 minutes. Cool for 10 minutes, and remove from pan. Cool completely, wrap tightly in plastic wrap or foil, and store in 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%)