

© EgglessCooking.com

Fat Free Mango Strawberry Quick Bread

 Vegetarian

READY IN



35 min.

SERVINGS



5

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 cup non-fat yogurt plain (Gelatin Free)
- ☐ 1 pinch saffron strands
- ☐ 0.3 teaspoon salt
- ☐ 10 strawberries fresh cut into small pieces

☐ 0.3 cup sugar

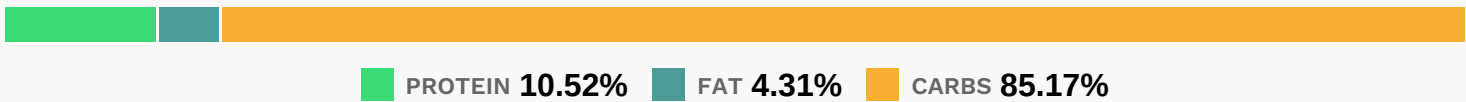
Equipment

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

Directions

- ☐ Preheat oven to 350F for 15 minutes. Lightly grease the bread pan.Wash the strawberries, hull them and cut each strawberry into 4 pieces.
- ☐ Place it in a bowl and sprinkle a tablespoon of sugar and mix it and leave it for at least 5 minutes.In a big bowl mix together the yogurt, mango puree, vinegar, sugar, cardamom powder and saffron strands. To this add the cut strawberries.In another small bowl sift together the flour, baking soda and salt. Actually I placed the sieve over the big bowl and added the dry ingredients directly into the wet mixture.
- ☐ Mix it until just moistened.Fill the bread loaves 3/4th full and bake it for about 18-20 minutes or until a toothpick inserted in the center comes out clean. Mine was done in 19 minutes.
- ☐ Remove the pan from the oven and place it on a wire rack and cool for 5 minutes. Take out the bread from the pan after 5 minutes and let it cool on the wire rack. This is very important. I left the bread in the pan itself for more than 30 minutes and the bottom became soggy.

Nutrition Facts



Properties

Glycemic Index:60.02, Glycemic Load:21.35, Inflammation Score:-3, Nutrition Score:5.9773912248404%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 153.59kcal (7.68%), Fat: 0.74g (1.13%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 31.52g (11.46%), Sugar: 12.96g (14.4%), Cholesterol: 1.47mg (0.49%), Sodium: 353.33mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin C: 14.34mg (17.38%), Manganese: 0.3mg (15.16%), Vitamin B1: 0.21mg (14.2%), Folate: 54.21µg (13.55%), Selenium: 9.44µg (13.49%), Vitamin B2: 0.18mg (10.78%), Vitamin B3: 1.6mg (7.99%), Iron: 1.31mg (7.25%), Phosphorus: 68.48mg (6.85%), Calcium: 53.2mg (5.32%), Fiber: 1.18g (4.73%), Potassium: 124.51mg (3.56%), Magnesium: 13.19mg (3.3%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.28mg (2.84%), Copper: 0.05mg (2.61%), Vitamin B12: 0.14µg (2.29%), Vitamin B6: 0.03mg (1.73%)