



WHATSheATE



Fig, Applesauce, and Almond Breakfast Loaf



Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds toasted chopped
- ☐ 1.5 tablespoons almonds coarsely chopped
- ☐ 0.8 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 tablespoons brown sugar
- ☐ 1 tablespoon butter chilled cut into small pieces

- ☐ 0.3 cup canola oil
- ☐ 1 cup figs dried
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water boiling
- ☐ 0.5 cup flour whole-wheat

Equipment

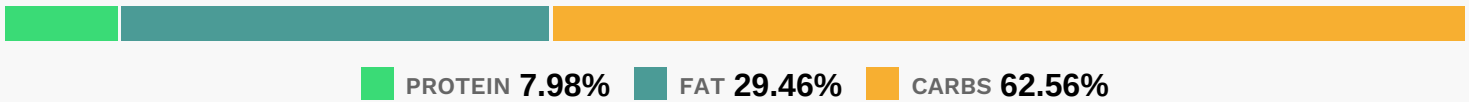
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, combine first 5 ingredients in a small bowl, stirring with a fork until crumbly; set aside.

- ☐ To prepare bread, combine figs and 1/2 cup boiling water in a small bowl; let stand 30minutes. Coat 2 (8-inch) loaf pans with cooking spray; dust with 1 tablespoon flour.
- ☐ Place egg whites and egg in a medium bowl; stir well with a whisk.
- ☐ Add applesauce, yogurt, oil, and almond extract; stir well.
- ☐ Add sugar; stir well.
- ☐ Weigh or lightly spoon 75 ounces all-purpose flour and 5 ounces whole-wheat flour into dry measuring cups; level with a knife.
- ☐ Combine flours and remaining ingredients in a large bowl, stirring with a whisk.
- ☐ Drain figs, and coarsely chop.
- ☐ Add figs and applesauce mixture to flour mixture, stirring until just combined. Divide batter between prepared pans.
- ☐ Sprinkle streusel over batter.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 15 minutes on a wire rack; remove from pans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:55.34, Glycemic Load:27.47, Inflammation Score:-4, Nutrition Score:10.813913101735%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 359kcal (17.95%), Fat: 12.14g (18.68%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 53.8g (19.57%), Sugar: 30.9g (34.34%), Cholesterol: 24.19mg (8.06%), Sodium: 278.69mg (12.12%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 7.39g (14.79%), Manganese: 0.73mg (36.45%), Selenium: 16.14µg (23.06%), Vitamin E: 3.13mg (20.83%), Vitamin B2: 0.31mg (18.13%), Vitamin B1: 0.26mg (17.15%), Fiber: 4.19g

(16.77%), Folate: 54.89µg (13.72%), Phosphorus: 131.36mg (13.14%), Magnesium: 48.89mg (12.22%), Iron: 2.18mg (12.1%), Calcium: 106.24mg (10.62%), Vitamin B3: 2.11mg (10.56%), Copper: 0.2mg (9.93%), Potassium: 277.25mg (7.92%), Vitamin K: 7.54µg (7.18%), Zinc: 0.84mg (5.61%), Vitamin B6: 0.09mg (4.32%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.11µg (1.9%), Vitamin A: 78.47IU (1.57%)