



Fig, Date, and Walnut Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup dates pitted chopped
- ☐ 0.7 cup figs dried chopped
- ☐ 2 large eggs
- ☐ 3.3 ounces flour all-purpose
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon lemon rind finely grated
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup walnuts chopped
- ☐ 3.5 ounces flour whole wheat

Equipment

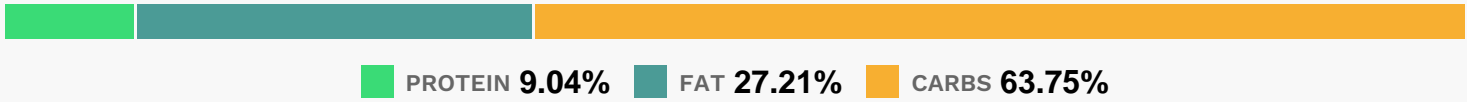
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Heat first 4 ingredients in a small, heavy saucepan over medium heat just until bubbles begin to form around edge (do not boil).
- ☐ Remove from heat; stir in figs and dates.
- ☐ Let stand 20 minutes or until fruit softens.
- ☐ Combine sugar, oil, and eggs in a large bowl; stir with a whisk until well blended. Stir in cooled milk mixture.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking soda, and salt in a large bowl; make a well in center of mixture.

- ☐
- Add milk mixture to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐
- Sprinkle walnuts evenly over batter.
- ☐
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:6.4043477721836%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 183.85kcal (9.19%), Fat: 5.8g (8.92%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.1g (10.22%), Sugar: 16.35g (18.17%), Cholesterol: 31.6mg (10.53%), Sodium: 198.99mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Manganese: 0.58mg (28.81%), Selenium: 11.08µg (15.83%), Fiber: 2.48g (9.91%), Vitamin B1: 0.13mg (8.82%), Phosphorus: 87.68mg (8.77%), Vitamin B2: 0.13mg (7.54%), Magnesium: 29.2mg (7.3%), Copper: 0.14mg (7.08%), Folate: 27.56µg (6.89%), Iron: 1.19mg (6.61%), Calcium: 52.19mg (5.22%), Potassium: 182.69mg (5.22%), Vitamin B3: 1.04mg (5.2%), Vitamin B6: 0.09mg (4.67%), Vitamin E: 0.62mg (4.16%), Zinc: 0.61mg (4.08%), Vitamin B5: 0.34mg (3.44%), Vitamin K: 3.4µg (3.24%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.17µg (1.11%), Vitamin A: 54.8IU (1.1%)