



Filled Strawberry Bread



Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



393 kcal

DESSERT

Ingredients



1 teaspoon baking soda



8 ounce cream cheese



4 eggs beaten



3 cups flour all-purpose



1 teaspoon ground cinnamon



1 teaspoon food coloring red



1 teaspoon salt



20 ounce strawberries frozen thawed drained

- ☐ 1.5 cups vegetable oil
- ☐ 2 cups sugar white

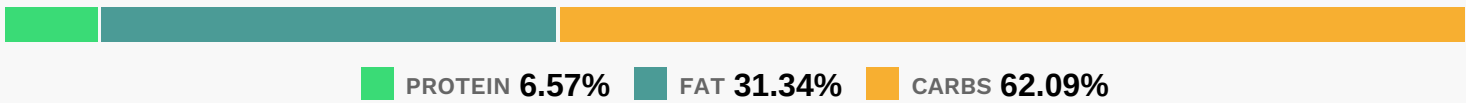
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans.
- ☐ In a large mixing bowl, stir together the flour, sugar, salt, cinnamon and baking soda.
- ☐ Add oil, beaten eggs, food coloring; mix well.
- ☐ Drain the strawberries and reserve 1/2 cup of the juice for the filling. Fold in the drained strawberries.
- ☐ Pour batter evenly into the prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
- ☐ Let cool in the pan for 10 minutes, then remove to a wire rack to cool completely.
- ☐ In a medium mixing bowl, mix together the cream cheese with 1/2 cup of the reserved strawberry juice. Slice the loaf twice horizontally to make three layers.
- ☐ Spread the cream cheese mixture between the layers and reassemble the loaf. Wrap loaves in plastic and chill in the refrigerator to set the filling. Slice and serve chilled.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:41.88, Inflammation Score:-5, Nutrition Score:9.9956522402556%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 392.92kcal (19.65%), Fat: 13.9g (21.39%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 60.08g (21.85%), Sugar: 36.43g (40.48%), Cholesterol: 73.65mg (24.55%), Sodium: 366.61mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin C: 27.79mg (33.68%), Selenium: 17.12µg (24.45%), Manganese: 0.43mg (21.63%), Folate: 77.13µg (19.28%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.28mg (16.57%), Vitamin K: 11.65µg (11.09%), Iron: 1.95mg (10.86%), Vitamin B3: 2.06mg (10.29%), Phosphorus: 94.46mg (9.45%), Fiber: 1.88g (7.51%), Vitamin A: 339.18IU (6.78%), Vitamin E: 0.92mg (6.15%), Vitamin B5: 0.53mg (5.29%), Potassium: 152.34mg (4.35%), Copper: 0.08mg (4.23%), Magnesium: 16.58mg (4.15%), Calcium: 40.92mg (4.09%), Zinc: 0.58mg (3.84%), Vitamin B6: 0.07mg (3.59%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.29µg (1.96%)