



## Fruit and Nut Bread with Browned Butter Glaze

READY IN



175 min.

SERVINGS



16

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.3 cups bread
- 1 cup flour all-purpose
- 1 cup flour whole wheat
- 2 teaspoons double-acting baking powder
- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 1 eggs
- 1.3 cups milk
- 0.3 cup canola oil

- 0.3 cup blackstrap molasses dark
- 0.5 cup walnut pieces chopped
- 0.8 cup raisins dried diced
- 1 tablespoon butter (do not use margarine)
- 0.5 cup powdered sugar
- 1 teaspoon vanilla
- 2 teaspoons water

## Equipment

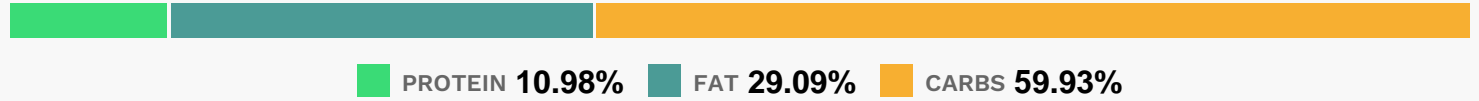
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks
- ziploc bags
- rolling pin

## Directions

- Heat oven to 375°F. Spray 8x4-inch loaf pan with cooking spray; dust with flour.
- Place cereal in resealable food-storage plastic bag or between sheets of waxed paper; coarsely crush with rolling pin.
- In large bowl, mix crushed cereal, flours, baking powder, pumpkin pie spice and salt. Stir in egg, milk, oil and molasses just until well combined. Stir in walnuts and dried fruit.
- Pour into pan.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 30 minutes.

- Remove from pan to cooling rack. Cool completely, about 1 hour.
- In 1-quart saucepan, heat butter over medium-low heat, stirring occasionally, until golden brown; remove from heat. Beat in remaining glaze ingredients with wire whisk until smooth; drizzle over loaf.

## Nutrition Facts



### Properties

Glycemic Index:24.84, Glycemic Load:18.63, Inflammation Score:-4, Nutrition Score:12.078260756057%

### Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

### Nutrients (% of daily need)

Calories: 272.2kcal (13.61%), Fat: 9.01g (13.85%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 41.75g (13.92%), Net Carbohydrates: 38.02g (13.82%), Sugar: 11.56g (12.84%), Cholesterol: 12.67mg (4.22%), Sodium: 300.34mg (13.06%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 7.65g (15.29%), Manganese: 1.34mg (67.07%), Selenium: 18.6µg (26.58%), Vitamin B1: 0.26mg (17.65%), Magnesium: 65.56mg (16.39%), Phosphorus: 162.97mg (16.3%), Fiber: 3.74g (14.95%), Calcium: 135.01mg (13.5%), Vitamin B3: 2.52mg (12.58%), Iron: 2.23mg (12.38%), Copper: 0.23mg (11.67%), Vitamin B6: 0.2mg (10.15%), Vitamin B2: 0.17mg (9.78%), Potassium: 329.51mg (9.41%), Folate: 36.69µg (9.17%), Zinc: 1.1mg (7.36%), Vitamin E: 0.94mg (6.3%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.28µg (1.86%), Vitamin A: 81.82IU (1.64%)