



Fruit and Nut Loaf

READY IN



85 min.

SERVINGS



6

CALORIES



686 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds chopped
- 2 teaspoons double-acting baking powder
- 0.8 cup fruit jell-o® mix mixed
- 2 eggs
- 2.1 cups flour all-purpose
- 0.5 cup butter
- 1 cup milk
- 0.8 cup raisins

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup granulated sugar white

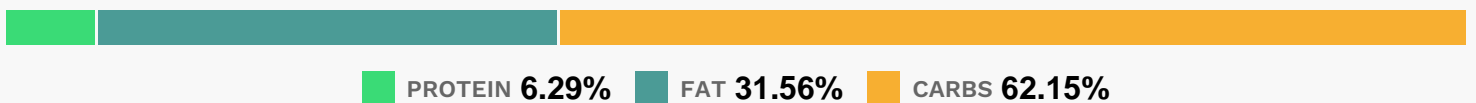
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan.
- Cream butter and sugar together. Beat in eggs one at a time. Beat smooth. Stir in milk, vanilla, and almond flavoring.
- In large bowl combine flour, baking powder, and salt. Stir in fruit, raisins, and nuts.
- Add all at once to first bowl. Stir only to moisten. Turn into greased 9x5x3 inch loaf pan.
- Bake for 1 hour in 350 degree F (175 degree C) oven until it tests done.
- Let stand 10 minutes.
- Remove from pan. Cool and wrap.

Nutrition Facts



Properties

Glycemic Index:57.32, Glycemic Load:56.52, Inflammation Score:-7, Nutrition Score:15.742173818143%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 686.11kcal (34.31%), Fat: 24.51g (37.71%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 108.6g (36.2%), Net Carbohydrates: 103.41g (37.6%), Sugar: 50.21g (55.79%), Cholesterol: 59.44mg (19.81%), Sodium: 573.44mg (24.93%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 10.99g (21.99%), Manganese: 0.63mg (31.63%), Vitamin B2: 0.52mg (30.88%), Selenium: 21.08µg (30.12%), Vitamin B1: 0.42mg (28.19%), Vitamin E: 3.84mg (25.59%), Folate: 93.89µg (23.47%), Iron: 4.07mg (22.64%), Calcium: 225.92mg (22.59%), Phosphorus: 222.46mg (22.25%), Fiber: 5.19g (20.77%), Vitamin A: 844.32IU (16.89%), Vitamin B3: 3.31mg (16.55%), Magnesium: 55.04mg (13.76%), Copper: 0.26mg (12.78%), Potassium: 375.89mg (10.74%), Zinc: 1.08mg (7.17%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.37µg (6.15%), Vitamin B6: 0.12mg (6.08%), Vitamin D: 0.74µg (4.94%), Vitamin C: 1.73mg (2.09%)