



Fudgy Chocolate Bread

READY IN



85 min.

SERVINGS



25

CALORIES



201 kcal

BREAD

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.3 tsp baking soda
- 1 cup brown sugar packed
- 0.5 cup butter
- 2 tsp calumet baking powder
- 1 cup knudsen cream sour
- 2 eggs
- 1.5 cups flour
- 1 cup granulated sugar

- 1 tsp vanilla
- 1 cup planters walnuts toasted finely chopped

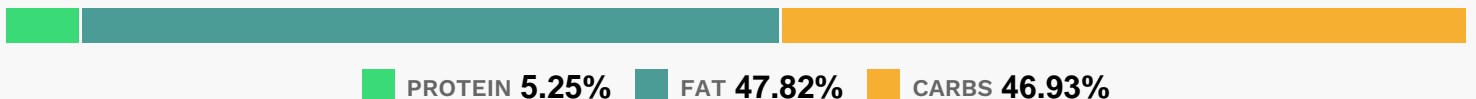
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- microwave

Directions

- Heat oven 350F.
- Combine flour, baking powder and baking soda. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended.
- Add sugars; mix well. Blend in eggs, sour cream and vanilla.
- Add flour mixture; mix well. Stir in nuts.
- Spread into 9x5-inch loaf pan sprayed with cooking spray.
- Bake 1 hour to 1 hour 10 min. or until toothpick inserted in center comes out clean. Cool bread in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:9.89, Inflammation Score:-3, Nutrition Score:4.7899999890638%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg

Nutrients (% of daily need)

Calories: 201.46kcal (10.07%), Fat: 11.3g (17.38%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.67g (8.61%), Sugar: 17.05g (18.95%), Cholesterol: 18.52mg (6.17%), Sodium: 109.54mg (4.76%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.63mg (1.21%), Protein: 2.79g (5.58%), Manganese: 0.41mg (20.42%), Copper: 0.24mg (12.05%), Iron: 1.45mg (8.07%), Selenium: 4.71µg (6.74%), Phosphorus: 66.57mg (6.66%), Magnesium: 26.28mg (6.57%), Vitamin B1: 0.09mg (5.68%), Folate: 21.92µg (5.48%), Calcium: 53.82mg (5.38%), Fiber: 1.27g (5.08%), Vitamin B2: 0.08mg (4.91%), Vitamin A: 239.66IU (4.79%), Zinc: 0.71mg (4.76%), Vitamin B3: 0.58mg (2.9%), Potassium: 96.77mg (2.76%), Vitamin B6: 0.04mg (2.17%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.68%)