



Gluten-Free Chocolate-Pecan Quickbread

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



881 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 tablespoons butter melted
- 2 cups flour gluten-free all-purpose
- 0.3 cup sugar
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.8 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup bittersweet chocolate

- 0.5 cup pecans chopped
- 2 eggs beaten
- 1 cup apple sauce unsweetened
- 0.5 cup vanilla-honey greek yogurt
- 0.3 teaspoon vanilla extract pure

Equipment

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

Directions

- Preheat oven to 350 degrees Fahrenheit.
- Butter a 5"x9" loaf pan.
- Heat the butter until just melted and set aside to cool.
- In a large bowl, combine the flour, sugars, baking soda and salt.
- Stir in the chocolate chips and pecans.
- In a separate bowl, combine the eggs, applesauce, yogurt, vanilla and melted butter.
- Pour the wet mixture into the bowl of dry ingredients and stir until just combined, making certain not to over-mix.
- Pour the batter into the loaf pan.
- Bake for 1 hour or until a toothpick inserted into the center comes out clean.
- Allow to cool for 10 minutes before removing from pan and transferring to a wire rack.

Nutrition Facts



■ PROTEIN 6.71% ■ FAT 41.48% ■ CARBS 51.81%

Properties

Glycemic Index:32.52, Glycemic Load:8.79, Inflammation Score:-6, Nutrition Score:15.164782608696%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Taste

Sweetness: 100%, Saltiness: 18.73%, Sourness: 4.06%, Bitterness: 2.42%, Savoriness: 11.12%, Fattiness: 69.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 880.89kcal (44.04%), Fat: 42.16g (64.86%), Saturated Fat: 18.37g (114.81%), Carbohydrates: 118.46g (39.49%), Net Carbohydrates: 106.86g (38.86%), Sugar: 67.05g (74.5%), Cholesterol: 115.51mg (38.5%), Sodium: 639.1mg (27.79%), Caffeine: 37.63mg (12.54%), Protein: 15.34g (30.69%), Manganese: 1.23mg (61.68%), Fiber: 11.6g (46.4%), Copper: 0.76mg (37.8%), Iron: 6.02mg (33.43%), Magnesium: 100.75mg (25.19%), Phosphorus: 202.58mg (20.26%), Selenium: 11.68µg (16.68%), Zinc: 2.1mg (14.01%), Potassium: 445.58mg (12.73%), Calcium: 118.21mg (11.82%), Vitamin A: 515.86IU (10.32%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.13mg (8.62%), Vitamin E: 1.1mg (7.35%), Vitamin B5: 0.66mg (6.63%), Vitamin B6: 0.11mg (5.46%), Vitamin B12: 0.3µg (4.97%), Vitamin K: 4.98µg (4.74%), Folate: 15.86µg (3.97%), Vitamin B3: 0.63mg (3.15%), Vitamin D: 0.44µg (2.93%)