



Granny's Sweet Potato Bread

 Vegetarian

READY IN



145 min.

SERVINGS



6

CALORIES



581 kcal

Ingredients

- ☐ 1 cup brown sugar
- ☐ 1 teaspoon butter
- ☐ 0.5 cup canola oil
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 1.7 cups self-rising flour sifted
- ☐ 1 sweet potatoes and into

- ☐ 0.3 cup water
- ☐ 1.3 cups sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Wrap sweet potato in aluminum foil.
- ☐ Bake sweet potato in the preheated oven until easily pierced with a fork, about 1 hour. Set aside to cool.
- ☐ Whisk white sugar and canola oil together in a bowl.
- ☐ Add eggs; mix well. Sift flour, cinnamon, and nutmeg into sugar mixture. Slowly whisk water into flour-sugar mixture until incorporated.
- ☐ Peel sweet potato; mash into the batter. Fold in 1/2 cup chopped pecans.
- ☐ Reduce oven temperature to 320 degrees F (160 degrees C). Spray a 9x5-inch loaf pan with cooking spray.
- ☐ Pour batter into the prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, about 1 hour.
- ☐ Heat brown sugar and butter in a small saucepan over low heat until sugar is dissolved, about 5 minutes.
- ☐ Add 1/2 cup chopped pecans and stir to combine.
- ☐ Remove from heat.
- ☐ Pour glaze over bread.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:49.22, Inflammation Score:-10, Nutrition Score:13.11304348448%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 581.49kcal (29.07%), Fat: 13.14g (20.21%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 111.82g (37.27%), Net Carbohydrates: 108.86g (39.59%), Sugar: 79.3g (88.11%), Cholesterol: 56.35mg (18.78%), Sodium: 58.98mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin A: 5450.24IU (109%), Manganese: 0.84mg (42.21%), Selenium: 19.56µg (27.95%), Copper: 0.26mg (13.21%), Fiber: 2.96g (11.83%), Phosphorus: 107.71mg (10.77%), Magnesium: 34.7mg (8.68%), Vitamin B1: 0.12mg (8.24%), Vitamin B5: 0.81mg (8.07%), Vitamin E: 1.19mg (7.96%), Potassium: 270.24mg (7.72%), Vitamin B2: 0.13mg (7.71%), Vitamin B6: 0.15mg (7.56%), Iron: 1.33mg (7.38%), Zinc: 1.03mg (6.88%), Calcium: 64.5mg (6.45%), Folate: 25.02µg (6.26%), Vitamin K: 3.92µg (3.73%), Vitamin B3: 0.72mg (3.6%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.02mg (1.23%)