



Grapefruit-Pecan Bread

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 eggs
- 2 cups flour all-purpose
- 1.3 pounds pink grapefruit
- 1 tablespoon grapefruit rind grated
- 0.5 cup pecans chopped
- 0.5 cup powdered sugar sifted

- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1 tablespoon water

Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan

Directions

- Peel and section grapefruit over a bowl, reserving juice and membranes. Set sections aside.
- Squeeze membranes to extract juice; discard membranes.
- Place sections and juice in a food processor, and pulse 3 times. Set aside 1 1/4 cups mixture; reserve remaining grapefruit mixture for another use.
- Combine rind, flour, and next 4 ingredients in a large bowl; make a well in center of mixture.
- Combine grapefruit mixture, oil, vanilla, and egg; stir well.
- Add to dry ingredients, stirring just until moistened. Stir in pecans.
- Pour batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- Remove from oven; place on a wire rack.
- Combine powdered sugar and water; stir well with a wire whisk.
- Drizzle over bread; let cool in pan 10 minutes.
- Remove from pan; let cool completely on wire rack.

Nutrition Facts

PROTEIN 6.3% FAT 25.32% CARBS 68.38%

Properties

Glycemic Index:22.67, Glycemic Load:21.36, Inflammation Score:-5, Nutrition Score:6.6743478671364%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 15.42mg, Naringenin: 15.42mg, Naringenin: 15.42mg, Naringenin: 15.42mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 224.09kcal (11.2%), Fat: 6.44g (9.91%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 37.38g (13.59%), Sugar: 20.91g (23.24%), Cholesterol: 14.51mg (4.84%), Sodium: 141.28mg (6.14%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.61g (7.21%), Manganese: 0.36mg (17.98%), Vitamin C: 14.79mg (17.93%), Vitamin B1: 0.22mg (14.39%), Selenium: 8.7µg (12.43%), Folate: 47.08µg (11.77%), Vitamin A: 565.71IU (11.31%), Vitamin B2: 0.15mg (8.57%), Vitamin B3: 1.44mg (7.18%), Fiber: 1.75g (7.02%), Iron: 1.24mg (6.87%), Phosphorus: 56.46mg (5.65%), Copper: 0.1mg (5.24%), Vitamin K: 4.42µg (4.21%), Magnesium: 15.08mg (3.77%), Potassium: 113.97mg (3.26%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.17%), Calcium: 29.05mg (2.9%), Vitamin B6: 0.05mg (2.7%), Vitamin E: 0.37mg (2.44%)