



Great Nana's Secret Ingredient Date Nut Bread

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



562 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups dates pitted chopped
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

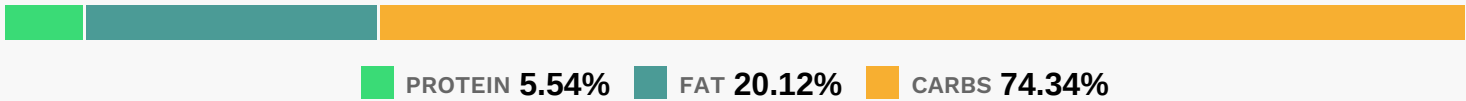
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans, or line with parchment paper.
- ☐ Sift the flour, baking powder, baking soda and salt into a bowl, and set aside. In a large bowl, mix together the sugar and shortening. Beat in the eggs and vanilla. Toss the walnuts and dates with the dry ingredients, and stir into the sugar mixture alternately with the hot coffee. Divide the batter evenly between the two loaf pans.
- ☐ Bake for 1 hour in the preheated oven, or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:70.74, Inflammation Score:-4, Nutrition Score:11.547826274582%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 562.29kcal (28.11%), Fat: 12.95g (19.92%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 107.63g (35.88%), Net Carbohydrates: 103.67g (37.7%), Sugar: 67.76g (75.29%), Cholesterol: 40.92mg (13.64%), Sodium: 470.3mg (20.45%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 8.02g (16.03%), Manganese: 0.65mg (32.38%),

Selenium: 20.76µg (29.65%), Vitamin B1: 0.41mg (27.53%), Folate: 103.35µg (25.84%), Vitamin B2: 0.32mg (18.87%), Iron: 3mg (16.68%), Vitamin B3: 3.21mg (16.04%), Fiber: 3.96g (15.85%), Phosphorus: 136.72mg (13.67%), Copper: 0.25mg (12.62%), Calcium: 90.5mg (9.05%), Magnesium: 35.34mg (8.84%), Potassium: 279.98mg (8%), Vitamin B5: 0.62mg (6.22%), Vitamin B6: 0.12mg (6.21%), Zinc: 0.78mg (5.21%), Vitamin K: 4.52µg (4.31%), Vitamin E: 0.6mg (4.01%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 63.62IU (1.27%)