



## Green Tomato Bread

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



393 kcal

BREAD

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup canola oil
- 2 eggs
- 3 cups flour all-purpose
- 2 cups tomatoes diced green finely
- 1 tablespoon ground cinnamon
- 1 teaspoon salt

- 1 tablespoon vanilla extract
- 1.5 cups walnuts chopped
- 2 cups sugar white

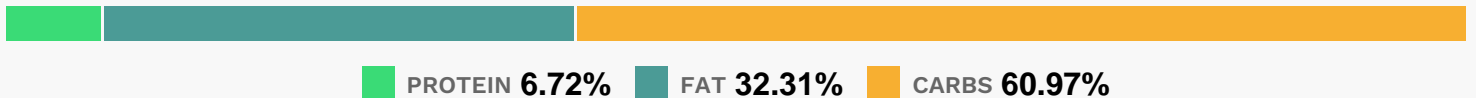
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5-inch loaf pans.
- Mix tomatoes, sugar, walnuts, canola oil, eggs, vanilla extract, and salt together in a large bowl until well blended.
- Mix flour, cinnamon, baking soda, and baking powder together in a separate bowl; stir into egg mixture until just blended. Spoon batter into prepared loaf pans.
- Bake in the preheated oven until a toothpick inserted in the middle of each loaf comes out clean, about 1 hour.
- Let cool in the pans for about 10 minutes before transferring loaves to wire racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:21.84, Glycemic Load:40.76, Inflammation Score:-5, Nutrition Score:10.422173909519%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 392.93kcal (19.65%), Fat: 14.45g (22.23%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 58.82g (21.39%), Sugar: 35.11g (39.01%), Cholesterol: 27.28mg (9.09%), Sodium: 309.55mg (13.46%), Alcohol: 0.37g (100%), Alcohol %: 0.34% (100%), Protein: 6.76g (13.52%), Manganese: 0.87mg (43.26%), Vitamin B1: 0.32mg (21.09%), Selenium: 13.9µg (19.86%), Folate: 77.71µg (19.43%), Copper: 0.32mg (15.77%), Vitamin B2: 0.23mg (13.5%), Iron: 2.24mg (12.45%), Phosphorus: 109.59mg (10.96%), Vitamin B3: 2.18mg (10.89%), Fiber: 2.51g (10.03%), Vitamin C: 7.24mg (8.77%), Magnesium: 34.42mg (8.61%), Vitamin E: 0.98mg (6.54%), Vitamin B6: 0.13mg (6.52%), Vitamin K: 6.41µg (6.11%), Zinc: 0.8mg (5.36%), Potassium: 174.45mg (4.98%), Vitamin B5: 0.49mg (4.85%), Vitamin A: 237.09IU (4.74%), Calcium: 39.18mg (3.92%), Vitamin B12: 0.07µg (1.09%)