

Harvest Bread



Vegetarian



Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



176 kcal

Ingredients

- ☐ 8 ounces pineapple rings crushed drained canned
- ☐ 0.3 cup eggs fat-free
- ☐ 2 tablespoons soybean oil
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup carrots shredded ()
- ☐ 1 cup walnuts chopped

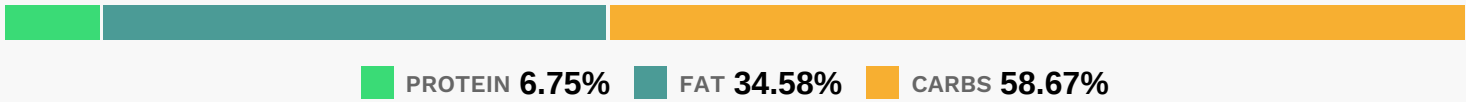
Equipment

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

Directions

- ☐ Heat oven to 350°. Spray loaf pan, 8 1/2x4 1/2x2 1/2 inches, with cooking spray. Discard 3 tablespoons of the pineapple juice.
- ☐ Mix remaining juice, pineapple, egg product and oil in medium bowl. Stir in remaining ingredients until blended.
- ☐ Spread batter in pan.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to wire rack. Cool completely, about 1 hour, before slicing.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:8.8, Inflammation Score:-7, Nutrition Score:6.1582609026328%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 175.61kcal (8.78%), Fat: 7g (10.77%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.18g (9.16%), Sugar: 12.64g (14.05%), Cholesterol: 14.12mg (4.71%), Sodium: 148.97mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin A: 1365.72IU (27.31%), Manganese: 0.37mg (18.6%), Vitamin B1: 0.14mg (9.55%), Copper: 0.17mg (8.67%), Folate: 32.87µg (8.22%), Selenium: 5.72µg (8.16%), Fiber: 1.56g (6.23%), Iron: 1.11mg (6.17%), Vitamin B2: 0.1mg (6.01%), Phosphorus: 58.6mg (5.86%), Magnesium: 20.07mg (5.02%), Vitamin B3: 0.96mg (4.79%), Vitamin K: 4.55µg (4.33%), Vitamin B6: 0.09mg (4.27%), Potassium: 144.64mg (4.13%), Calcium: 41.15mg (4.11%), Zinc: 0.4mg (2.69%), Vitamin C: 2.15mg (2.6%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.89%)