



Hazelnut-Fig Quick Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup figs dried chopped
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup hazelnuts
- ☐ 0.8 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Place hazelnuts on a baking sheet.
- ☐ Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- ☐ Roll up towel; rub off skins. Chop nuts.
- ☐ Bring orange juice to a boil; pour over figs in a bowl.
- ☐ Let stand 15 minutes.
- ☐ Combine sugar, oil, rind, egg, and egg white; stir well with a whisk. Stir into fig mixture.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a large bowl; make a well in center of mixture.
- ☐ Add fig mixture to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray; sprinkle with nuts.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



PROTEIN 7.65% FAT 24.96% CARBS 67.39%

Properties

Glycemic Index:20.26, Glycemic Load:17.38, Inflammation Score:-3, Nutrition Score:5.8813043314478%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 175.69kcal (8.78%), Fat: 5.02g (7.72%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 28.46g (10.35%), Sugar: 15.79g (17.54%), Cholesterol: 15.5mg (5.17%), Sodium: 197.54mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Manganese: 0.38mg (18.99%), Vitamin B1: 0.17mg (11.4%), Vitamin C: 8.79mg (10.65%), Selenium: 7.35µg (10.5%), Folate: 40.35µg (10.09%), Fiber: 2.05g (8.18%), Vitamin B2: 0.13mg (7.58%), Iron: 1.25mg (6.94%), Copper: 0.13mg (6.35%), Vitamin K: 6.65µg (6.34%), Vitamin B3: 1.13mg (5.66%), Vitamin E: 0.79mg (5.27%), Magnesium: 19.93mg (4.98%), Potassium: 166.29mg (4.75%), Phosphorus: 46.26mg (4.63%), Calcium: 31.41mg (3.14%), Vitamin B6: 0.05mg (2.66%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.34mg (2.25%), Vitamin A: 57.51IU (1.15%)