



Honey Quick Bread from Grandma

 Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



780 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 cups flour whole wheat all-purpose (I use)
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups dairy-free milk beverage unsweetened
- ☐ 0.5 cup honey for vegan; see special diet notes above (or honey alternative)
- ☐ 0.3 cup oil) extra-virgin for baking; i use rice bran oil or extra-light olive oil (not your favorite (type)

☐ 1 tablespoon apple cider vinegar white

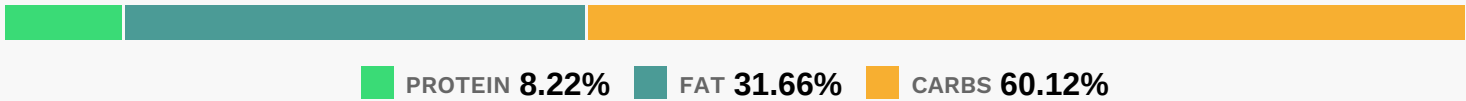
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Grease and flour or sugar a 9x5-inch loaf pan.
- ☐ In a large bowl, whisk together the flour, baking soda, baking powder, salt, and cinnamon.
- ☐ In a medium bowl, whisk together the milk beverage, honey, oil, and lemon juice or vinegar.
- ☐ Add the wet ingredients to the dry ingredients. Stir until fairly well combined, but do not overmix. Some small lumps are okay.
- ☐ Scrape the batter into your prepared loaf pan and level it out.
- ☐ Let the batter rest for 20 minutes. Preheat your oven to 375F.
- ☐ Bake for 40 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:74.23, Glycemic Load:25.84, Inflammation Score:-8, Nutrition Score:31.134347729061%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 779.6kcal (38.98%), Fat: 28.85g (44.39%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 123.28g (41.09%), Net Carbohydrates: 111.82g (40.66%), Sugar: 49.81g (55.34%), Cholesterol: 0mg (0%), Sodium: 957.74mg

(41.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Manganese: 4.18mg (209.2%), Selenium: 64.99µg (92.84%), Vitamin E: 7.15mg (47.65%), Fiber: 11.46g (45.86%), Vitamin B3: 8.91mg (44.57%), Phosphorus: 389.09mg (38.91%), Vitamin B1: 0.58mg (38.35%), Vitamin B6: 0.7mg (34.8%), Magnesium: 138.95mg (34.74%), Copper: 0.58mg (28.87%), Calcium: 285.11mg (28.51%), Iron: 4.74mg (26.32%), Vitamin B2: 0.42mg (24.79%), Vitamin B12: 1.27µg (21.24%), Folate: 82.91µg (20.73%), Zinc: 3.02mg (20.11%), Potassium: 564.43mg (16.13%), Vitamin K: 16.45µg (15.67%), Vitamin C: 8.79mg (10.66%), Vitamin A: 473.72IU (9.47%), Vitamin D: 1.42µg (9.44%), Vitamin B5: 0.64mg (6.43%)