

Honey-Raisin Quick Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1 cup corn flakes/bran flakes
- 0.7 cup brown sugar packed
- 2 tablespoons butter melted
- 1 eggs lightly beaten
- 1.5 cups flour all-purpose
- 0.3 cup honey
- 1 cup milk

- 1 cup raisins
- 0.5 teaspoon salt

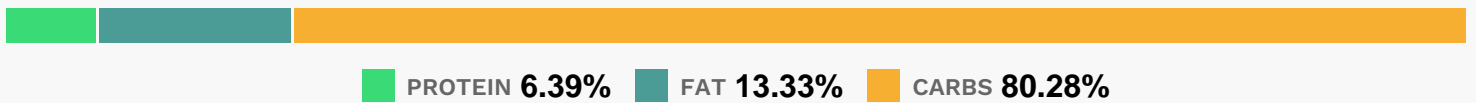
Equipment

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

Directions

- In a bowl, combine the flour, brown sugar, baking powder and salt. In another bowl, combine the cereal and milk; let stand for 5 minutes.
- Add the egg, honey and butter to cereal mixture; mix well. Stir into dry ingredients just until moistened. Fold in raisins.
- Pour into a greased 8-in. x 4-in. loaf pan.
- Bake at 350° for 1 hour or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:14.12, Inflammation Score:-3, Nutrition Score:4.8917391319638%

Nutrients (% of daily need)

Calories: 154.58kcal (7.73%), Fat: 2.39g (3.67%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 30.93g (11.25%), Sugar: 14.48g (16.09%), Cholesterol: 15.82mg (5.27%), Sodium: 178.92mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Manganese: 0.21mg (10.25%), Folate: 39.93µg (9.98%), Vitamin B1: 0.14mg (9.62%), Selenium: 6.64µg (9.49%), Iron: 1.68mg (9.35%), Vitamin B2: 0.15mg (8.56%), Calcium: 70.81mg (7.08%), Phosphorus: 66.22mg (6.62%), Vitamin B3: 1.25mg (6.23%), Fiber: 1.4g (5.61%), Vitamin

B6: 0.08mg (4.19%), Potassium: 142.81mg (4.08%), Vitamin B12: 0.23µg (3.91%), Magnesium: 14.32mg (3.58%),
Copper: 0.07mg (3.26%), Vitamin A: 145.79IU (2.92%), Zinc: 0.34mg (2.25%), Vitamin D: 0.31µg (2.04%), Vitamin B5:
0.19mg (1.94%)