



## JIF® Peanut Butter Bread

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



334 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups pillsbury best® all purpose flour
- 2 teaspoons double-acting baking powder
- 0.8 cup jif® creamy peanut butter
- 1 large eggs beaten
- 1 cup milk
- 1 teaspoon salt
- 0.5 cup sugar

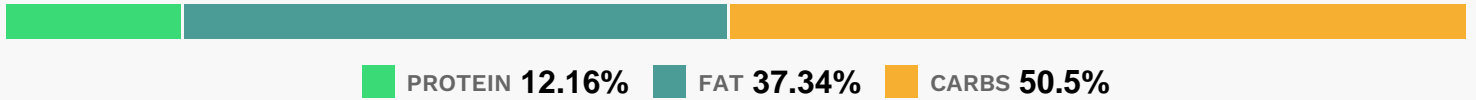
### Equipment

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

## Directions

- Heat oven to 350 degrees F. Spray a 9x3x5-inch loaf pan with no-stick cooking spray.
- Mix flour, sugar, baking powder and salt in large bowl.
- Cut in peanut butter with a fork.
- Add egg and milk; stir just enough to moisten dry ingredients.
- Pour into prepared pan.
- Bake 60 minutes or until wooden pick inserted near center comes out clean. Cool in pan 10 minutes. Invert and remove loaf to cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:36.14, Glycemic Load:27.37, Inflammation Score:-4, Nutrition Score:10.939130352891%

## Nutrients (% of daily need)

Calories: 334.04kcal (16.7%), Fat: 14.28g (21.96%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 41.43g (15.07%), Sugar: 16.59g (18.43%), Cholesterol: 26.91mg (8.97%), Sodium: 521.66mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.92%), Manganese: 0.57mg (28.6%), Vitamin B3: 5.1mg (25.49%), Folate: 80.93µg (20.23%), Selenium: 14.16µg (20.23%), Vitamin B1: 0.3mg (19.88%), Phosphorus: 180.84mg (18.08%), Vitamin B2: 0.27mg (16.09%), Vitamin E: 2.3mg (15.35%), Magnesium: 52.44mg (13.11%), Calcium: 116.62mg (11.66%), Iron: 2.1mg (11.65%), Fiber: 2.01g (8.03%), Copper: 0.15mg (7.63%), Vitamin B6: 0.15mg (7.52%), Zinc: 1.04mg (6.94%), Potassium: 224.74mg (6.42%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.46µg (3.07%), Vitamin A: 83.16IU (1.66%)