



Lemony Carrot-Walnut Bread

 Vegetarian  Dairy Free

READY IN



160 min.

SERVINGS



16

CALORIES



202 kcal

Ingredients

- 1.5 cups all-bran cereal
- 14.5 oz carrots drained sliced canned
- 1 teaspoon lemon zest grated
- 0.3 cup juice of lemon
- 0.3 cup vegetable oil
- 2 eggs
- 2.7 cups flour all-purpose
- 0.8 cup sugar
- 2 teaspoons double-acting baking powder

- 2 teaspoons pumpkin pie spice
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening or cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor). Set aside.
- In large bowl, mash carrots with fork. With electric mixer on low speed, beat in reserved carrot liquid, lemon peel, lemon juice, oil and eggs until blended.
- Beat in flour, sugar, baking powder, pumpkin pie spice, baking soda and salt until blended. Stir in crushed cereal and walnuts. Spoon batter into pan.
- Bake about 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing.

Nutrition Facts

PROTEIN 8.32% FAT 29.3% CARBS 62.38%

Properties

Glycemic Index:21.79, Glycemic Load:20.21, Inflammation Score:-10, Nutrition Score:16.76086968961%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 201.7kcal (10.09%), Fat: 6.94g (10.67%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 29.94g (10.89%), Sugar: 11.81g (13.12%), Cholesterol: 20.46mg (6.82%), Sodium: 164.84mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Vitamin A: 4425.06IU (88.5%), Manganese: 0.78mg (38.83%), Vitamin B6: 0.77mg (38.73%), Folate: 126.41µg (31.6%), Vitamin B1: 0.33mg (21.92%), Vitamin B12: 1.14µg (19.03%), Vitamin B2: 0.31mg (18.17%), Selenium: 9.59µg (13.7%), Phosphorus: 133.55mg (13.35%), Iron: 2.38mg (13.25%), Fiber: 3.3g (13.19%), Vitamin B3: 2.4mg (11.99%), Vitamin K: 10.21µg (9.72%), Magnesium: 35.94mg (8.99%), Copper: 0.17mg (8.35%), Zinc: 1.12mg (7.48%), Calcium: 72.55mg (7.26%), Vitamin C: 4.91mg (5.95%), Potassium: 194.9mg (5.57%), Vitamin E: 0.63mg (4.17%), Vitamin B5: 0.34mg (3.35%), Vitamin D: 0.36µg (2.4%)