



Logan Bread



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



123 kcal

BREAD

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar
- ☐ 2 eggs
- ☐ 0.5 cup honey
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup raisins
- ☐ 1.3 cups rolled oats

- ☐ 1 teaspoon salt
- ☐ 0.7 cup sunflower seeds
- ☐ 1.5 cups unbleached flour all-purpose
- ☐ 0.5 cup vegetable oil
- ☐ 1.5 cups flour whole wheat

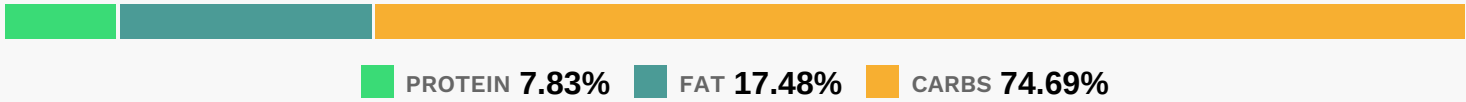
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease two 9 inch square baking pans.
- ☐ In a large bowl, stir together the whole wheat flour, white flour, oats, brown sugar, baking powder, and salt. In a separate bowl, stir together the eggs, honey, molasses, applesauce, and vegetable oil.
- ☐ Pour the wet ingredients into the dry ingredients, and stir until well blended.
- ☐ Mix in the raisins and sunflower seeds. Divide the batter evenly between the two pans.
- ☐ Bake for 45 minutes in the preheated oven, or until the top springs back when lightly pressed.
- ☐ Let the bread cool in the pans for at least 10 minutes before cutting into squares or bars. Wrap pieces individually, and refrigerate or freeze.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:8.11, Inflammation Score:-2, Nutrition Score:4.8756521719953%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg,

Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 123.34kcal (6.17%), Fat: 2.51g (3.85%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 22.56g (8.2%), Sugar: 10.83g (12.04%), Cholesterol: 9.09mg (3.03%), Sodium: 89.93mg (3.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Manganese: 0.45mg (22.26%), Selenium: 8.29µg (11.84%), Vitamin B1: 0.12mg (8.26%), Magnesium: 27.87mg (6.97%), Vitamin E: 1.01mg (6.73%), Phosphorus: 64.34mg (6.43%), Fiber: 1.53g (6.13%), Copper: 0.11mg (5.74%), Iron: 1.02mg (5.64%), Folate: 19.88µg (4.97%), Vitamin B6: 0.09mg (4.55%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4.09%), Potassium: 134.3mg (3.84%), Zinc: 0.45mg (3.02%), Calcium: 27.37mg (2.74%), Vitamin B5: 0.18mg (1.83%), Vitamin K: 1.32µg (1.26%)