



## Maple and Walnut Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large eggs
- 1.3 cups flour all-purpose
- 1 cup buttermilk low-fat
- 0.3 cup maple syrup
- 0.5 teaspoon salt
- 0.5 cup sugar

- 0.5 teaspoon vanilla extract
- 0.3 cup walnut oil
- 0.3 cup walnuts toasted finely chopped
- 0.8 cup flour whole-wheat

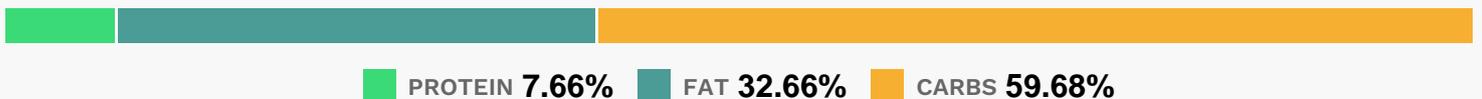
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- loaf pan
- measuring cup

## Directions

- Preheat oven to 35
- Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, sugar, baking powder, baking soda, and salt in a large bowl; make a well in center of mixture.
- Combine buttermilk, syrup, oil, and egg in a bowl; add to flour mixture, stirring just until moist. Stir in vanilla. Spoon batter into an 8 x 4inch loaf pan coated with cooking spray.
- Sprinkle with walnuts.
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:20.97, Glycemic Load:13.22, Inflammation Score:-2, Nutrition Score:5.5656520944575%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

## Nutrients (% of daily need)

Calories: 175.99kcal (8.8%), Fat: 6.53g (10.04%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 25.65g (9.33%), Sugar: 12.7g (14.12%), Cholesterol: 13.97mg (4.66%), Sodium: 214.33mg (9.32%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 3.44g (6.89%), Manganese: 0.61mg (30.56%), Selenium: 9.38µg (13.4%), Vitamin B2: 0.21mg (12.44%), Vitamin B1: 0.14mg (9.45%), Phosphorus: 79.5mg (7.95%), Folate: 28.52µg (7.13%), Calcium: 70.55mg (7.05%), Iron: 0.98mg (5.43%), Vitamin B3: 1.03mg (5.14%), Magnesium: 19.76mg (4.94%), Fiber: 1.18g (4.71%), Copper: 0.09mg (4.6%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.06mg (2.9%), Potassium: 96.11mg (2.75%), Vitamin B5: 0.21mg (2.05%), Vitamin B12: 0.07µg (1.16%)