



Maple Pecan Bread

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



156 kcal

Ingredients

- 3.5 teaspoons double-acting baking powder
- 1 eggs
- 2.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 1 cup half and half
- 2 teaspoons half and half
- 1 teaspoon peppermint flavoring
- 0.5 cup pecans chopped
- 2 tablespoons pecans chopped

- 0.5 cup powdered sugar
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil

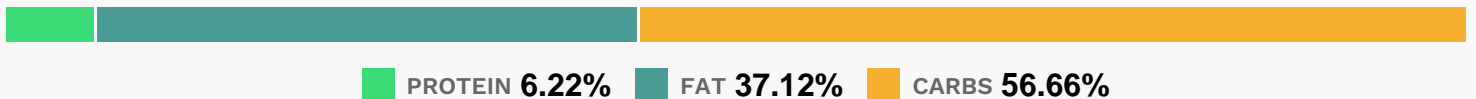
Equipment

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

Directions

- Heat oven to 350F. Grease bottom only of 8- or 9-inch loaf pan.
- In large bowl, mix all Maple Pecan Bread ingredients except pecans with spoon; beat 30 seconds. Stir in 1/2 cup pecans.
- Pour into pan.
- Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours.
- In small bowl, mix all Maple Glaze ingredients except pecans until smooth and thin enough to drizzle.
- Drizzle cooled bread with Maple Glaze.
- Sprinkle with 2 tablespoons pecans. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:13.19, Inflammation Score:-2, Nutrition Score:3.8817391227121%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 155.53kcal (7.78%), Fat: 6.54g (10.06%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.73g (7.9%), Sugar: 11.13g (12.37%), Cholesterol: 12.59mg (4.2%), Sodium: 143.56mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Manganese: 0.26mg (13.25%), Vitamin B1: 0.14mg (9.31%), Selenium: 6.05µg (8.65%), Folate: 27.97µg (6.99%), Vitamin B2: 0.11mg (6.52%), Calcium: 60.7mg (6.07%), Phosphorus: 57.17mg (5.72%), Iron: 0.88mg (4.86%), Vitamin B3: 0.89mg (4.45%), Vitamin K: 4.09µg (3.9%), Copper: 0.07mg (3.43%), Fiber: 0.74g (2.95%), Magnesium: 9.32mg (2.33%), Zinc: 0.35mg (2.31%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.16mg (1.64%), Potassium: 50.35mg (1.44%), Vitamin B6: 0.02mg (1.2%), Vitamin A: 58.57IU (1.17%)