



Mini Fruit and Sunflower Loaves

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup canola oil
- ☐ 1 cup fruit mixed dried chopped
- ☐ 2 cups vanilla yogurt fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 cup honey
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon orange rind grated

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sunflower seed kernels
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup cornmeal yellow

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and the next 3 ingredients (through 1/4 teaspoon salt) in a large bowl.
- ☐ Combine yogurt, oil, syrup, honey, and vanilla.
- ☐ Add yogurt mixture to flour mixture, stirring just until moist. Fold in fruit, sunflower seeds, and rind.
- ☐ Spoon batter into 4 (6-inch) loaf pans coated with cooking spray.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:35.41, Glycemic Load:41.34, Inflammation Score:-5, Nutrition Score:15.595217362694%

Nutrients (% of daily need)

Calories: 457.14kcal (22.86%), Fat: 8.76g (13.48%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 86.48g (28.83%), Net Carbohydrates: 82.47g (29.99%), Sugar: 44.17g (49.07%), Cholesterol: 1.23mg (0.41%), Sodium: 387.19mg (16.83%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 9.92g (19.84%), Manganese: 1.04mg (51.82%), Vitamin B2: 0.58mg (34.38%), Vitamin B1: 0.48mg (31.75%), Selenium: 20.32µg (29.03%), Vitamin E: 3.58mg (23.89%), Folate: 90.59µg (22.65%), Phosphorus: 211.61mg (21.16%), Magnesium: 72.86mg (18.21%), Vitamin B3: 3.21mg (16.05%), Fiber: 4.01g (16.03%), Iron: 2.77mg (15.4%), Vitamin B6: 0.28mg (13.97%), Calcium: 137.42mg (13.74%), Copper: 0.27mg (13.71%), Zinc: 1.93mg (12.89%), Potassium: 362.55mg (10.36%), Vitamin B12: 0.29µg (4.8%), Vitamin B5: 0.39mg (3.9%), Vitamin K: 3.59µg (3.41%), Vitamin C: 1.05mg (1.28%)