



Nut Bread

READY IN



15 min.

SERVINGS



15

CALORIES



269 kcal

BREAD

Ingredients

- 4 teaspoons double-acting baking powder
- 1 eggs lightly beaten
- 3 cups flour all-purpose
- 1.5 cups milk
- 2 teaspoons salt
- 0.3 cup shortening melted
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1.5 cups walnut pieces chopped

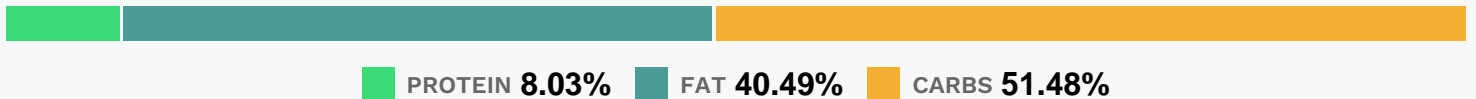
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Sift flour and next 3 ingredients into a large bowl; stir to combine.
- Add milk and next 3 ingredients, stirring just until moistened. Stir in nuts, and, if desired, cranberries.
- Pour batter evenly into 2 greased (13-ounce) coffee cans or into 1 greased and floured 9- x 5- inch loafpan.
- Bake at 350 for 1 hour and 10 minutes to 1 hour and 15 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.
- Note: For testing purposes only, we used Ocean Spray Craisins for dried cranberries. To remove coffee odor from coffee cans, rinse cans well with soap and water, removing all coffee grounds.
- Sprinkle 1 to 2 tablespoons baking soda onto bottom of each can; add 1 teaspoon water, and mix, forming a paste. Scrub paste onto entire interior of coffee can; let stand 15 minutes. Rinse well, and dry.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:23.98, Inflammation Score:-3, Nutrition Score:7.7234783094862%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 269.22kcal (13.46%), Fat: 12.39g (19.07%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.99g (12.36%), Sugar: 14.9g (16.55%), Cholesterol: 13.84mg (4.61%), Sodium: 437.6mg (19.03%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 5.53g (11.06%), Manganese: 0.57mg (28.69%), Vitamin B1: 0.25mg (16.78%), Selenium: 10.5µg (14.99%), Folate: 58.59µg (14.65%), Phosphorus: 121.32mg (12.13%), Copper: 0.23mg (11.29%), Vitamin B2: 0.19mg (11.23%), Calcium: 109.94mg (10.99%), Iron: 1.68mg (9.34%), Vitamin B3: 1.64mg (8.18%), Magnesium: 27.59mg (6.9%), Fiber: 1.46g (5.84%), Vitamin B6: 0.09mg (4.69%), Zinc: 0.68mg (4.51%), Potassium: 119.93mg (3.43%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.35mg (2.33%), Vitamin D: 0.33µg (2.18%), Vitamin K: 2.29µg (2.18%), Vitamin A: 57.71IU (1.15%)