



Oatmeal Grapefruit Quick Bread

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.3 cups grapefruit juice
- ☐ 0.7 cup honey
- ☐ 0.3 cup butter softened
- ☐ 1.7 cups rolled oats

- ☐ 0.5 teaspoon salt
- ☐ 1 cup walnuts chopped

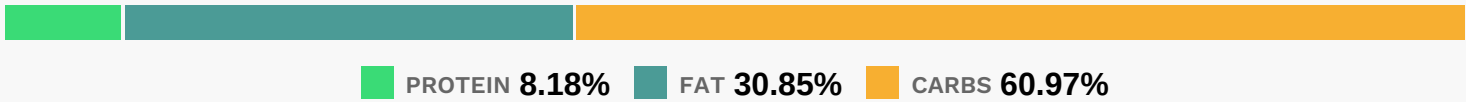
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sift together flour, salt, baking powder and soda into a large mixing bowl.
- ☐ In a medium bowl, mix honey together with butter or margarine until creamy.
- ☐ Add to flour mixture along with the oats, egg, grapefruit juice and walnuts. Stir together until smooth and pour into a lightly greased 9x5 inch loaf pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:40.91, Glycemic Load:44.57, Inflammation Score:-6, Nutrition Score:16.005652067454%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 493.06kcal (24.65%), Fat: 17.37g (26.72%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 77.24g (25.75%), Net Carbohydrates: 73.19g (26.61%), Sugar: 27.95g (31.05%), Cholesterol: 20.46mg (6.82%), Sodium: 538.76mg (23.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Manganese: 1.46mg (72.84%), Selenium: 23.41µg (33.44%), Vitamin B1: 0.5mg (33.23%), Folate: 109.48µg (27.37%), Phosphorus: 232.01mg (23.2%),

Iron: 3.9mg (21.68%), Copper: 0.38mg (19.03%), Vitamin B2: 0.32mg (18.72%), Vitamin B3: 3.27mg (16.36%), Fiber: 4.05g (16.2%), Calcium: 157.61mg (15.76%), Magnesium: 62.4mg (15.6%), Vitamin C: 10.26mg (12.44%), Zinc: 1.57mg (10.44%), Potassium: 261.23mg (7.46%), Vitamin B6: 0.13mg (6.64%), Vitamin B5: 0.62mg (6.24%), Vitamin A: 288.95IU (5.78%), Vitamin E: 0.48mg (3.19%)