



Peach Bread

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



228 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs
- 3 cups flour all-purpose
- 3 teaspoons ground cinnamon
- 2 cups peaches diced canned drained
- 1 teaspoon salt
- 2 teaspoons vanilla extract

- 1 cup vegetable oil
- 2 cups sugar white

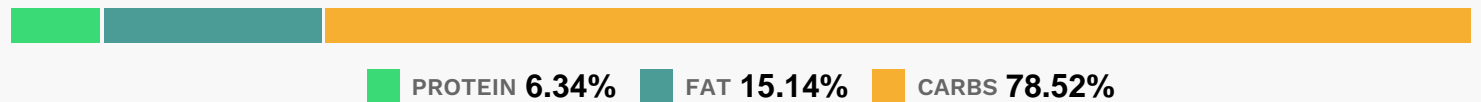
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8 x 4 inch loaf pans.
- In a large bowl, beat the eggs lightly. Blend in the sugar, oil, and vanilla.
- Add flour, baking powder, baking soda, salt, and cinnamon; mix just to combine. Stir in the peaches and nuts.
- Pour batter into prepared pans.
- Bake for about 1 hour, or until a tester inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:31.13, Inflammation Score:-2, Nutrition Score:5.0986956565276%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 228.03kcal (11.4%), Fat: 3.88g (5.96%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 44.1g (16.04%), Sugar: 26.73g (29.7%), Cholesterol: 30.69mg (10.23%), Sodium: 255.26mg (11.1%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 3.65g (7.3%), Selenium: 11.05µg (15.78%), Vitamin B1:

0.19mg (12.8%), Manganese: 0.24mg (12.1%), Folate: 47.95µg (11.99%), Vitamin B2: 0.16mg (9.7%), Vitamin B3: 1.55mg (7.76%), Iron: 1.37mg (7.62%), Vitamin K: 5.8µg (5.52%), Phosphorus: 51.63mg (5.16%), Fiber: 1.12g (4.48%), Vitamin E: 0.47mg (3.15%), Copper: 0.06mg (2.91%), Calcium: 27.75mg (2.77%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.33mg (2.17%), Vitamin A: 108.41IU (2.17%), Magnesium: 8.04mg (2.01%), Potassium: 62.88mg (1.8%), Vitamin B6: 0.03mg (1.49%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)