



Peach Bread

 Vegetarian  Dairy Free  Popular

READY IN



70 min.

SERVINGS



16

CALORIES



252 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
- 0.5 cup walnuts chopped
- 2 cups sugar white

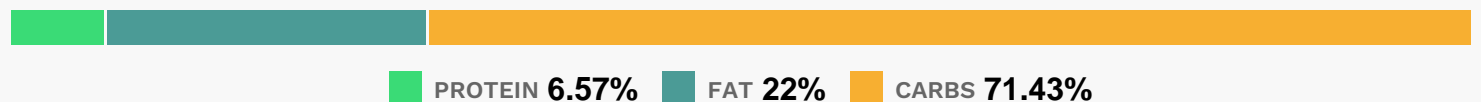
Equipment

- 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:18.9, Glycemic Load:31.18, Inflammation Score:-3, Nutrition Score:5.9265218040218%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg 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: 251.94kcal (12.6%), Fat: 6.26g (9.63%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 44.36g (16.13%), Sugar: 26.83g (29.81%), Cholesterol: 30.69mg (10.23%), Sodium: 255.33mg (11.1%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 4.21g (8.41%), Manganese: 0.37mg (18.34%), Selenium: 11.22µg (16.03%), Vitamin B1: 0.2mg (13.63%), Folate: 51.53µg (12.88%), Vitamin B2: 0.17mg (10.02%), Iron: 1.48mg (8.21%), Vitamin B3: 1.59mg (7.97%), Phosphorus: 64.28mg (6.43%), Copper: 0.12mg (5.82%), Vitamin K: 5.9µg (5.62%), Fiber: 1.37g (5.46%), Magnesium: 13.82mg (3.45%), Vitamin E: 0.5mg (3.32%), Calcium: 31.33mg (3.13%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.28mg (2.81%), Vitamin B6: 0.05mg (2.48%), Potassium: 79.01mg (2.26%), Vitamin A: 109.14IU (2.18%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%), Vitamin C: 0.85mg (1.03%)