

Peachie Peach Pecan Nut Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



505 kcal

BREAD

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 cups peaches pureed

- ☐ 1.3 cups pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar white

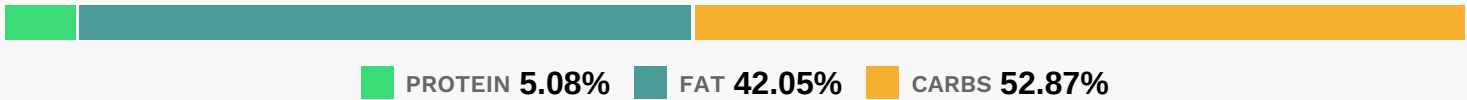
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 5x9-inch loaf pan.
- ☐ Beat sugar and butter together in a large bowl with an electric mixer until creamy. Beat in eggs, one at a time, until light and fluffy. Stir in peach puree.
- ☐ Add flour, baking soda, baking powder, cinnamon, salt, and almond extract; stir until blended. Fold in pecans.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center comes out clean, 50 to 60 minutes. Cool bread in the loaf pan for 10 minutes before removing and cooling completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:45.3, Inflammation Score:-6, Nutrition Score:11.065217432768%

Flavonoids

Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 504.69kcal (25.23%), Fat: 24.25g (37.3%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 68.6g (22.87%), Net Carbohydrates: 65.48g (23.81%), Sugar: 42.28g (46.97%), Cholesterol: 71.42mg (23.81%), Sodium: 376.63mg (16.38%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.6g (13.19%), Manganese: 0.97mg (48.32%), Vitamin B1: 0.36mg (24.28%), Selenium: 15.94µg (22.77%), Folate: 69.08µg (17.27%), Vitamin B2: 0.25mg (14.83%), Copper: 0.28mg (13.98%), Iron: 2.29mg (12.7%), Fiber: 3.12g (12.47%), Phosphorus: 123.44mg (12.34%), Vitamin B3: 2.43mg (12.16%), Vitamin A: 579.86IU (11.6%), Zinc: 1.19mg (7.94%), Magnesium: 31.32mg (7.83%), Vitamin E: 1.03mg (6.89%), Calcium: 58.11mg (5.81%), Vitamin B5: 0.53mg (5.29%), Potassium: 176.3mg (5.04%), Vitamin B6: 0.08mg (3.89%), Vitamin K: 3.14µg (2.99%), Vitamin C: 2.15mg (2.6%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%)