



Peanut Streusel Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



163 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 2 tablespoons butter melted
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 15 servings peanut streusel topping
- ☐ 0.5 teaspoon salt

Equipment

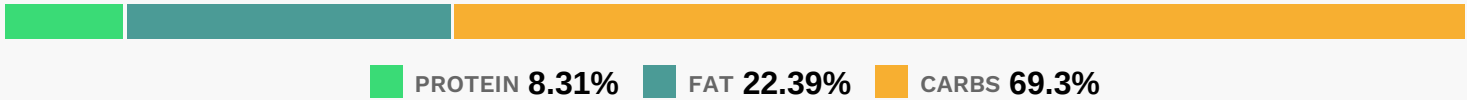
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Line bottom and sides of a 9- x 5-inch loaf pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides. Lightly grease foil with cooking spray.
- ☐ Beat egg and sugar at medium speed with an electric mixer 2 minutes or until creamy; add peanut butter and butter, beating until blended.
- ☐ Stir together flour and next 3 ingredients in a medium bowl; whisk in egg mixture and buttermilk just until blended. (Batter will be slightly lumpy.)
- ☐ Spoon about 2/3 cup Peanut Streusel Topping on bottom of prepared pan. Spoon half of batter over streusel, gently spreading batter to sides of pan to cover streusel. Repeat procedure once.
- ☐ Sprinkle remaining 2/3 cup Peanut Streusel Topping over batter, gently pressing topping into batter.
- ☐ Bake at 350 for 1 hour and 5 minutes or until a long wooden pick inserted in center comes out clean, shielding with foil after 45 minutes, if necessary. Cool in pan on a wire rack 10 minutes. Lift loaf from pan, using foil sides as handles.
- ☐ Place loaf on a wire rack. Carefully pull down sides of foil. Cool loaf completely (about 1 hour).

- ☐ Peanut Streusel Topping: Stir together 1 cup chopped dry-roasted, salted peanuts; 1/2 cup all-purpose flour; 1/4 cup butter, melted; 3 Tbsp. firmly packed light brown sugar; 2 Tbsp. granulated sugar; and 1/8 tsp. salt in a medium bowl.
- ☐ Let stand 15 minutes or until mixture is firm. Crumble into small pieces. Makes about 2 cups; Prep: 10 min., Stand: 15 min.
- ☐ Chocolate Chip-Peanut Streusel Bread: Prepare recipe as directed through Step 3; stir 3/4 cup semisweet chocolate mini-morsels into batter. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:9.57, Inflammation Score:-2, Nutrition Score:4.1721739607013%

Nutrients (% of daily need)

Calories: 163.05kcal (8.15%), Fat: 4.11g (6.32%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.97g (10.17%), Sugar: 15.29g (16.99%), Cholesterol: 18.17mg (6.06%), Sodium: 189.61mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Selenium: 7.62µg (10.89%), Vitamin B1: 0.15mg (9.96%), Folate: 37.3µg (9.33%), Manganese: 0.18mg (9.13%), Vitamin B2: 0.13mg (7.71%), Vitamin B3: 1.46mg (7.3%), Iron: 1.05mg (5.82%), Phosphorus: 56.19mg (5.62%), Calcium: 53.21mg (5.32%), Magnesium: 12.58mg (3.15%), Copper: 0.06mg (2.77%), Fiber: 0.65g (2.59%), Vitamin B5: 0.25mg (2.47%), Potassium: 83.53mg (2.39%), Zinc: 0.3mg (2.01%), Vitamin E: 0.29mg (1.96%), Vitamin B6: 0.04mg (1.89%), Vitamin D: 0.27µg (1.83%), Vitamin A: 91.05IU (1.82%), Vitamin B12: 0.11µg (1.77%)