



Pear-and-Poppy Seed Loaf

READY IN



45 min.

SERVINGS



14

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 cup honey
- ☐ 1 cup buttermilk low-fat
- ☐ 2 tablespoons butter melted
- ☐ 1 cup pears ripe peeled chopped

- ☐ 3 tablespoons poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a large bowl. Stir in pear; make a well in center of mixture.
- ☐ Combine buttermilk and next 5 ingredients (buttermilk through egg) in a bowl; stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:20.97, Inflammation Score:-2, Nutrition Score:4.986956504376%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 172.32kcal (8.62%), Fat: 3.18g (4.89%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.83g (11.58%), Sugar: 16.58g (18.42%), Cholesterol: 13.97mg (4.66%), Sodium: 257.34mg (11.19%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 3.52g (7.04%), Manganese: 0.28mg (14.22%), Selenium: 8.63µg (12.33%), Vitamin B1: 0.18mg (12.2%), Folate: 41.83µg (10.46%), Vitamin B2: 0.15mg (8.94%), Calcium: 80.06mg (8.01%), Phosphorus: 72.32mg (7.23%), Iron: 1.29mg (7.18%), Vitamin B3: 1.24mg (6.22%), Fiber: 1.29g (5.17%), Copper: 0.08mg (3.87%), Magnesium: 14.61mg (3.65%), Zinc: 0.44mg (2.92%), Potassium: 84.42mg (2.41%), Vitamin B5: 0.21mg (2.08%), Vitamin A: 101.76IU (2.04%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.07µg (1.19%), Vitamin E: 0.17mg (1.12%)