

Pear Bread

 Vegetarian

READY IN



65 min.

SERVINGS



24

CALORIES



176 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter melted
- 4 eggs
- 3.5 cups flour all-purpose
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 2 cups pears diced peeled

- 1 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil

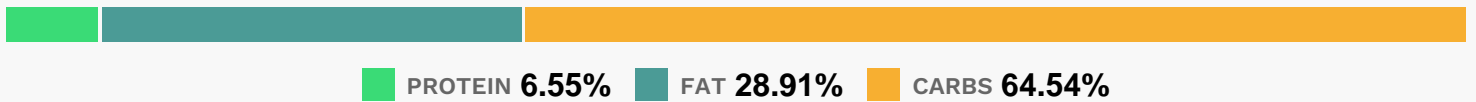
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the flour, baking powder, salt, ginger, baking soda and nutmeg; set aside. In another bowl, whisk the sugar, oil and butter.
- Add eggs, one at a time, beating well after each addition. Stir in vanilla. Stir into dry ingredients just until moistened (batter will be stiff). Stir in pears.
- Pour into two greased 8-in. x 4-in. loaf pans.
- Bake at 350° for 55–65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:19.44, Inflammation Score:-2, Nutrition Score:3.886956512928%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 176.1kcal (8.8%), Fat: 5.7g (8.77%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.7g (10.07%), Sugar: 13.92g (15.47%), Cholesterol: 37.45mg (12.48%), Sodium: 178.87mg (7.78%), Alcohol: 0.1g (100%), Alcohol %: 0.24% (100%), Protein: 2.91g (5.81%), Selenium: 8.61µg (12.31%), Vitamin B1: 0.15mg (9.87%), Folate: 37.93µg (9.48%), Manganese: 0.16mg (8.17%), Vitamin B2: 0.13mg (7.74%), Iron: 1.04mg (5.79%), Vitamin B3: 1.12mg (5.58%), Phosphorus: 40.85mg (4.09%), Fiber: 0.93g (3.72%), Vitamin A: 161.2IU (3.22%), Vitamin K: 2.67µg (2.54%), Copper: 0.04mg (2.23%), Vitamin B5: 0.2mg (2.05%), Calcium: 19.37mg (1.94%), Vitamin E: 0.29mg (1.92%), Zinc: 0.25mg (1.64%), Magnesium: 6.27mg (1.57%), Potassium: 48.37mg (1.38%), Vitamin B6: 0.03mg (1.26%), Vitamin B12: 0.07µg (1.22%)