



Pear Bread I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



436 kcal

BREAD

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 cups pears shredded peeled
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt

- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ In a large mixing bowl combine flour, baking powder, baking soda, salt, and cinnamon. Make a well in the center of the bowl.
- ☐ In a separate bowl combine the oil, eggs, sugar, grated pears, pecans, and vanilla. Blend well.
- ☐ Add to well of dry ingredients. Stir until just moistened. Spoon batter into 2 greased and floured 8x5x3 inch loaf pans.
- ☐ Bake in a preheated 325 degree F (165 degrees C) oven for one hour and 15 minutes. Cool on wire rack before removing from the loaf pans.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:50.14, Inflammation Score:-4, Nutrition Score:10.502173874689%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 436.29kcal (21.81%), Fat: 12.92g (19.88%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 75.73g (25.24%), Net Carbohydrates: 72.25g (26.27%), Sugar: 43.76g (48.62%), Cholesterol: 49.1mg (16.37%), Sodium: 372.96mg (16.22%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 6.68g (13.37%), Manganese: 0.91mg (45.46%), Vitamin B1: 0.38mg (25.05%), Selenium: 17.48µg (24.97%), Folate: 79.53µg (19.88%), Vitamin B2: 0.28mg (16.28%), Fiber: 3.48g (13.93%), Iron: 2.41mg (13.37%), Vitamin B3: 2.42mg (12.09%), Copper: 0.23mg (11.35%), Phosphorus: 103.44mg (10.34%), Vitamin K: 8.21µg (7.82%), Zinc: 0.98mg (6.53%), Magnesium: 25.89mg (6.47%), Vitamin B5: 0.48mg (4.8%), Vitamin E: 0.64mg (4.26%), Potassium: 145.88mg (4.17%), Calcium: 38.07mg (3.81%), Vitamin B6: 0.07mg (3.63%), Vitamin B12: 0.12µg (1.96%), Vitamin C: 1.53mg (1.86%), Vitamin D: 0.26µg (1.76%), Vitamin A: 87.79IU (1.76%)