

# Pear Bread II

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



562 kcal

BREAD

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs
- 3 cups flour all-purpose
- 2 cups granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 2.5 cups pears cored peeled chopped

- 1 cup pecans chopped
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup vegetable oil

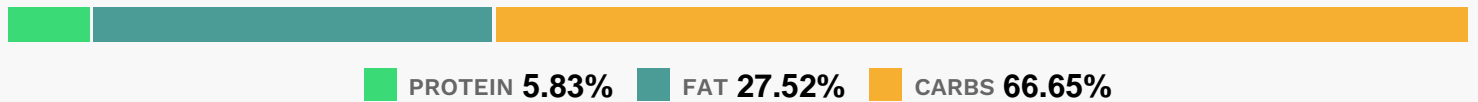
## Equipment

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

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 8x4 inch loaf pans.
- In large mixing bowl combine oil, sugar and eggs, beat well. Stir in pears, pecans and vanilla. In another bowl, combine flour, baking soda, baking powder, salt, cinnamon and nutmeg. Stir dry ingredients into the pear mixture; mix well.
- Pour batter into prepared loaf pans
- Bake in preheated oven for 60 minutes, until a toothpick inserted into center of a loaf comes out clean. Allow loaves to cool in pans for 10 minutes before moving to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:44.86, Glycemic Load:63.23, Inflammation Score:-5, Nutrition Score:13.180869579315%

## Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg

Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## **Nutrients (% of daily need)**

Calories: 562.14kcal (28.11%), Fat: 17.57g (27.03%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 95.76g (31.92%), Net Carbohydrates: 91.47g (33.26%), Sugar: 55.7g (61.89%), Cholesterol: 61.38mg (20.46%), Sodium: 505.99mg (22%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 8.37g (16.74%), Manganese: 1.01mg (50.7%), Vitamin B1: 0.47mg (31.41%), Selenium: 21.84µg (31.2%), Folate: 100.17µg (25.04%), Vitamin B2: 0.35mg (20.49%), Fiber: 4.29g (17.17%), Iron: 3.01mg (16.71%), Vitamin B3: 3.03mg (15.15%), Copper: 0.29mg (14.54%), Phosphorus: 138.51mg (13.85%), Vitamin K: 12.98µg (12.36%), Magnesium: 32.94mg (8.24%), Zinc: 1.22mg (8.15%), Calcium: 63.24mg (6.32%), Vitamin E: 0.9mg (6.03%), Vitamin B5: 0.6mg (6.02%), Potassium: 191.31mg (5.47%), Vitamin B6: 0.09mg (4.64%), Vitamin C: 2.33mg (2.82%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%), Vitamin A: 110.17IU (2.2%)