



WHATSheATE



Pear-Rhubarb Flaxseed Bread



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



202 kcal

Ingredients

- ☐ 0.5 pound rhubarb finely chopped
- ☐ 1.5 cups pears peeled/unpeeled chopped ()
- ☐ 1.5 cups sugar
- ☐ 0.3 cup soybean oil
- ☐ 1 teaspoon vanilla
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups ground flaxseed
- ☐ 0.5 cup walnut pieces chopped

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons ground cinnamon

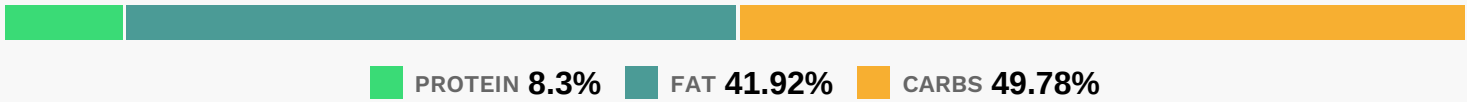
Equipment

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

Directions

- ☐ Move oven rack to low position so that tops of pans will be in center of oven.
- ☐ Heat oven to 350°. Lightly spray bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches, with cooking spray.
- ☐ Mix rhubarb, pears, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients.
- ☐ Pour into pans.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves; remove from pans to wire rack. Cool completely before slicing, about 1 hour. Wrap tightly and store at room temperature up to 4 days or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:15.19, Inflammation Score:-3, Nutrition Score:7.35173912152%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg

Epicatechin 3–gallate: 0.06mg 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 Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 201.56kcal (10.08%), Fat: 9.71g (14.94%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 22.2g (8.07%), Sugar: 13.86g (15.4%), Cholesterol: 27.28mg (9.09%), Sodium: 173.03mg (7.52%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 4.33g (8.66%), Manganese: 0.46mg (22.91%), Vitamin B1: 0.26mg (17.34%), Fiber: 3.75g (14.99%), Selenium: 8.64µg (12.34%), Magnesium: 48.34mg (12.09%), Phosphorus: 113.83mg (11.38%), Copper: 0.19mg (9.65%), Vitamin K: 9.38µg (8.93%), Folate: 34.97µg (8.74%), Calcium: 78.74mg (7.87%), Iron: 1.38mg (7.67%), Vitamin B2: 0.11mg (6.63%), Vitamin B3: 1mg (5.02%), Zinc: 0.7mg (4.67%), Potassium: 153.55mg (4.39%), Vitamin B6: 0.08mg (4.15%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.42mg (2.8%), Vitamin C: 1.29mg (1.56%), Vitamin B12: 0.07µg (1.09%), Vitamin A: 52.73IU (1.05%)