



Pear-Rhubarb Quick Bread



Vegetarian



Dairy Free

READY IN



150 min.

SERVINGS



48

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 lb rhubarb finely chopped
- ☐ 1.5 cups pears peeled unpeeled chopped ()
- ☐ 1.5 cups sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup nuts chopped

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

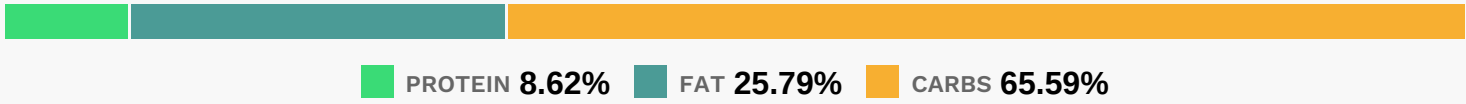
Equipment

- ☐ 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°F. Grease bottoms only of 2 (8x4- or 9x5-inch) loaf pans with shortening or cooking spray.
- ☐ In large bowl, mix rhubarb, pears, sugar, oil, vanilla and eggs. 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 from pans; remove from pans to cooling 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:6.7, Glycemic Load:9.14, Inflammation Score:-1, Nutrition Score:2.483913064003%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg

Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg
Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg
Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 83.94kcal (4.2%), Fat: 2.46g (3.78%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 13.33g (4.85%), Sugar: 6.83g (7.58%), Cholesterol: 13.64mg (4.55%), Sodium: 85.4mg (3.71%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.85g (3.7%), Manganese: 0.13mg (6.6%), Selenium: 3.87µg (5.53%), Vitamin B1: 0.07mg (4.69%), Folate: 18.21µg (4.55%), Vitamin B2: 0.07mg (3.84%), Phosphorus: 36.43mg (3.64%), Iron: 0.6mg (3.31%), Vitamin B3: 0.63mg (3.14%), Fiber: 0.74g (2.98%), Copper: 0.06mg (2.9%), Calcium: 27.5mg (2.75%), Magnesium: 9.94mg (2.49%), Vitamin K: 2.49µg (2.37%), Zinc: 0.23mg (1.52%), Potassium: 51.27mg (1.46%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.06%)