



Pecan and Sweet Potato Bread

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



297 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 large eggs at room temperature
- 1.5 cups flour for dusting all-purpose plus more the pan
- 0.7 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup brown sugar light packed
- 0.5 teaspoon nutmeg freshly ground

- 0.5 cup pecans whole toasted coarsely chopped
- 1 teaspoon salt fine
- 1 cup sweet potatoes and into
- 8 tablespoons butter unsalted melted plus more for coating the pan (1 stick)
- 1 teaspoon vanilla extract
- 0.5 cup milk whole

Equipment

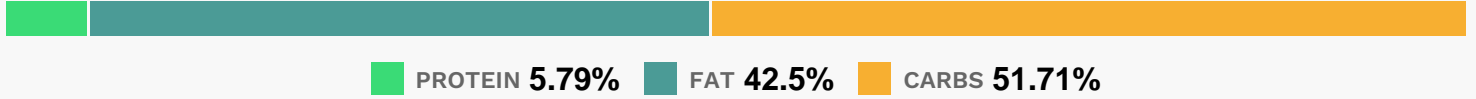
- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- stand mixer
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-5-by-3-inch loaf pan with butter and flour; tap out the excess.
- Combine the measured flour, salt, baking soda, baking powder, cinnamon, and nutmeg in a medium bowl and whisk to aerate and break up any lumps; set aside. In the bowl of a stand mixer fitted with a paddle attachment, mix the sweet potato flesh, granulated sugar, and brown sugar on medium speed until well combined, about 1 minute.
- Add the melted butter and mix on low speed until smooth.
- Add the eggs 1 at a time, mixing until fully incorporated, then mix in the vanilla. Stop the mixer and scrape down the sides of the bowl with a rubber spatula. On low speed add half of the reserved flour mixture, then 1/4 cup of the milk. Repeat with the remaining flour mixture and milk, mixing until just combined, about 1 minute.

- Remove the bowl from the mixer and fold in the nuts.
- Pour the batter into the prepared pan and bake until a cake tester inserted into the center comes out clean, about 55 to 60 minutes.
- Let the bread cool in the pan for 15 minutes, then turn it out onto a wire rack to cool completely. It will last covered for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:21.29, Inflammation Score:-8, Nutrition Score:8.0539130840613%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 297.05kcal (14.85%), Fat: 14.26g (21.94%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 37.58g (13.66%), Sugar: 21.93g (24.37%), Cholesterol: 62.74mg (20.91%), Sodium: 393.19mg (17.1%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 4.37g (8.75%), Vitamin A: 2243.69IU (44.87%), Manganese: 0.42mg (20.79%), Selenium: 10.21µg (14.59%), Vitamin B1: 0.2mg (13.47%), Folate: 42.06µg (10.51%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 80mg (8%), Iron: 1.35mg (7.49%), Vitamin B3: 1.28mg (6.38%), Copper: 0.12mg (6.09%), Fiber: 1.45g (5.82%), Calcium: 52.91mg (5.29%), Vitamin B5: 0.45mg (4.53%), Magnesium: 17.34mg (4.33%), Zinc: 0.59mg (3.95%), Potassium: 131.45mg (3.76%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.5µg (3.35%), Vitamin E: 0.49mg (3.26%), Vitamin B12: 0.17µg (2.9%), Vitamin K: 1.35µg (1.29%)