



Pecan Spice Loaf

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar
- 0.5 cup butter softened
- 1 eggs lightly beaten
- 2 cups flour all-purpose
- 0.3 teaspoon ground cloves
- 1.5 teaspoons ground ginger

- 0.5 teaspoon ground nutmeg
- 0.5 cup blackstrap molasses
- 0.8 cup orange juice unsweetened
- 1 tablespoon orange rind grated
- 1 cup pecans chopped

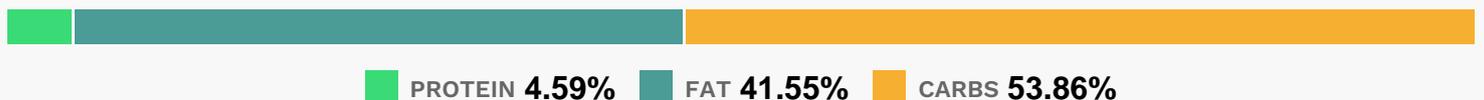
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Beat butter in a large bowl at medium speed of an electric mixer until creamy; gradually add brown sugar, beating well.
- Add egg, and beat well. Stir in molasses and orange rind.
- Combine flour and next 6 ingredients; add to creamed mixture alternately with orange juice, beginning and ending with flour mixture.
- Mix after each addition.
- Pour batter into a greased and floured 9- x 5- x 3-inch loafpan.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pan 5 minutes; remove from pan, and let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:3.75, Inflammation Score:-1, Nutrition Score:2.0156521421412%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.47kcal (3.42%), Fat: 3.24g (4.99%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 9.11g (3.31%), Sugar: 5.59g (6.21%), Cholesterol: 7.41mg (2.47%), Sodium: 41.92mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.05mg (3.58%), Selenium: 2.5µg (3.57%), Magnesium: 11.83mg (2.96%), Iron: 0.48mg (2.65%), Folate: 10.29µg (2.57%), Copper: 0.05mg (2.47%), Vitamin C: 1.86mg (2.26%), Calcium: 21.03mg (2.1%), Potassium: 71.21mg (2.03%), Vitamin B2: 0.03mg (1.81%), Phosphorus: 17.47mg (1.75%), Vitamin B3: 0.34mg (1.72%), Vitamin B6: 0.03mg (1.56%), Fiber: 0.35g (1.38%), Vitamin A: 64.27IU (1.29%)