



Pineapple Bran Quick Bread



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



632 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1.3 cups bran cereal (I used Fiber One Original)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup honey
- ☐ 2 tablespoons oil (I used Canola)
- ☐ 1.3 cups pineapple with juice (see my notes #1) crushed

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup apple sauce unsweetened

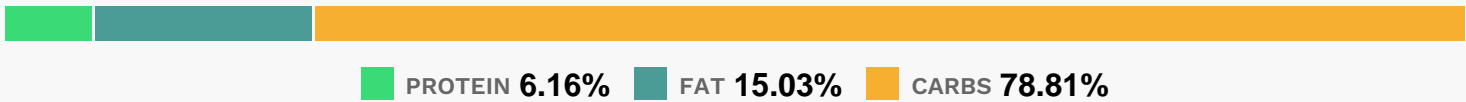
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Lightly grease a 9×5 inch loaf pan. I also lined it with a piece of parchment paper to enable easy removal of the loaf from the pan.In a large bowl, stir together the dry ingredients.Similarly combine together the wet ingredients in a separate bowl. Just stir it well with a whisk.
- ☐ Pour the wet mixture of the dry ingredients and stir until just combined. Over-mixing the batter will result in a tough bread. Having lumps is fine, just be sure that the dry ingredients are not visible.Spoon the batter into prepared pan
- ☐ Bake in the preheated oven for 70–80 minute or until a tooth pick inserted in the center comes out clean. Mine was done around 75 minutes. (See My Notes #
- ☐ Let cool in pan on a wire rack for 10 minutes. Since I lined the pan with a parchment paper, the loaf came off very easily without any mess.
- ☐ Let the loaf cool completely on the rack overnight.

Nutrition Facts



Properties

Glycemic Index:111.34, Glycemic Load:67.67, Inflammation Score:-9, Nutrition Score:39.193478273309%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 632.17kcal (31.61%), Fat: 11.41g (17.56%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 134.62g (44.87%), Net Carbohydrates: 123.56g (44.93%), Sugar: 69.66g (77.4%), Cholesterol: 0mg (0%), Sodium: 1065.43mg (46.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.05%), Vitamin B6: 3.22mg (161.07%), Manganese: 2.38mg (119.1%), Folate: 459.69µg (114.92%), Vitamin B12: 4.86µg (80.94%), Vitamin B1: 1.19mg (79.21%), Vitamin B2: 1.06mg (62.31%), Iron: 8.06mg (44.77%), Fiber: 11.06g (44.25%), Vitamin B3: 7.87mg (39.37%), Phosphorus: 389.63mg (38.96%), Selenium: 24.54µg (35.06%), Magnesium: 124.21mg (31.05%), Zinc: 3.84mg (25.58%), Copper: 0.49mg (24.5%), Vitamin C: 15.03mg (18.22%), Calcium: 168.99mg (16.9%), Potassium: 502.8mg (14.37%), Vitamin E: 2.06mg (13.75%), Vitamin A: 512.39IU (10.25%), Vitamin K: 9.08µg (8.65%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.59mg (5.9%)