



Pineapple Carrot Quick Bread

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



649 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 5 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 8 ounce pineapple crushed drained canned
- 1 cup carrots sliced
- 3 eggs
- 3.3 cups flour all-purpose
- 0.3 cup orange juice
- 1.5 cups rolled oats

- 1 teaspoon salt
- 0.3 cup vegetable oil
- 0.5 cup walnuts chopped

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease the bottom only of a 9x5 inch loaf pan.
- In a medium bowl, stir together the flour, rolled oats, nuts, baking powder and salt.
- Combine the pineapple, carrots, brown sugar, eggs, orange juice and oil in the blender. Blend at medium speed for about 30 seconds.
- Pour blended ingredients into the bowl with the dry ingredients, and mix until all of the dry ingredients are absorbed.
- Pour the mixture into the prepared pan.
- Bake for 75 to 80 minutes in the preheated oven. Cool for 10 minutes before removing from the pan to cool completely on a wire rack. Cool completely before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:54.31, Glycemic Load:45.4, Inflammation Score:-10, Nutrition Score:26.098695900129%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 649.02kcal (32.45%), Fat: 19.66g (30.24%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 105.47g (35.16%), Net Carbohydrates: 99.77g (36.28%), Sugar: 34.96g (38.84%), Cholesterol: 81.84mg (27.28%), Sodium: 797.89mg (34.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.25%), Manganese: 1.6mg (79.99%), Vitamin A: 3731.15IU (74.62%), Selenium: 37.16µg (53.08%), Vitamin B1: 0.75mg (49.7%), Folate: 163.82µg (40.95%), Phosphorus: 321.99mg (32.2%), Iron: 5.52mg (30.65%), Vitamin B2: 0.51mg (30.24%), Calcium: 276.37mg (27.64%), Vitamin B3: 4.86mg (24.28%), Fiber: 5.7g (22.79%), Copper: 0.42mg (20.99%), Vitamin K: 20.74µg (19.75%), Magnesium: 74.43mg (18.61%), Vitamin C: 11.83mg (14.34%), Zinc: 1.91mg (12.76%), Potassium: 401.06mg (11.46%), Vitamin B6: 0.22mg (10.76%), Vitamin B5: 1.04mg (10.45%), Vitamin E: 1.32mg (8.82%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)