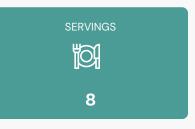


## Pineapple Guava (Feijoa) Quick Bread

🌦 Vegetarian







MORNING MEAL

BRUNCH

**BREAKFAST** 

DESSERT

## **Ingredients**

1 tablespoon double-acting baking powder
0.5 teaspoon baking soda
2 large eggs
3 cups flour
2 cups guava grated trimmed
0.5 cup milk
2 tablespoons milk

1.5 cups powdered sugar

	1.5 teaspoons salt	
Ш	1 cup sugar	
	0.5 cup butter unsalted melted	
Equipment		
	bowl	
	frying pan	
	oven	
	wire rack	
	loaf pan	
	toothpicks	
	stand mixer	
Directions		
	Preheat oven to 35	
	Grease 2 loaf pans (each 8 1/2 by 4 1/2 in.).	
	Combine flour, baking powder, baking soda, and salt in a medium bowl; set aside.	
	Mix milk, eggs, butter, sugar, and guavas in the bowl of a stand mixer.	
	Add flour mixture and mix until combined. Divide batter between prepared loaf pans.	
	Bake until golden brown and a toothpick comes out clean when inserted in center of each loaf, 50 to 60 minutes.	
	Cool loaves in pan for 15 minutes, then invert onto a cooling rack.	
	Let cool until barely warm to the touch, about 10 minutes.	
	Mix powdered sugar and milk until smooth and spreadable. Spoon half of glaze onto the center of each loaf, letting it drizzle down sides.	
Nutrition Facts		
	PROTEIN 6.29% FAT 24.51% CARBS 69.2%	
	THE LANGE OF	

## **Properties**

## **Nutrients** (% of daily need)

Calories: 514.24kcal (25.71%), Fat: 14.24g (21.9%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 86.93g (31.61%), Sugar: 51.73g (57.48%), Cholesterol: 79.28mg (26.43%), Sodium: 692.42mg (30.11%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.21g (16.43%), Vitamin C: 94.05mg (114%), Selenium: 20.77μg (29.67%), Folate: 112.29μg (28.07%), Vitamin B1: 0.41mg (27.46%), Vitamin B2: 0.35mg (20.31%), Manganese: 0.39mg (19.48%), Vitamin B3: 3.25mg (16.24%), Iron: 2.7mg (14.99%), Phosphorus: 147.34mg (14.73%), Vitamin A: 710.23IU (14.2%), Fiber: 3.5g (13.98%), Calcium: 137.12mg (13.71%), Copper: 0.18mg (8.88%), Potassium: 272.66mg (7.79%), Vitamin B5: 0.67mg (6.69%), Magnesium: 23.87mg (5.97%), Vitamin E: 0.8mg (5.33%), Vitamin B6: 0.1mg (4.96%), Zinc: 0.68mg (4.54%), Vitamin D: 0.67μg (4.48%), Vitamin B12: 0.24μg (3.97%), Vitamin K: 2.3μg (2.19%)