Pineapple Guava (Feijoa) Quick Bread

Vegetarian

READY IN	SERVINGS	CALORIES
90 min.	8	514 kcal

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
- [ ] 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%**

Properties

Glycemic Index:47.26, Glycemic Load:46.43, Inflammation Score:-7, Nutrition Score:15.984347664792%

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: 0g (100%), Alcohol %: 0% (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%)