

Pistachio Mini Loaves

READY IN



50 min.

SERVINGS



25

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons brown sugar
- 4 eggs
- 2.5 teaspoons ground cinnamon
- 3.4 ounces pistachio pudding mix instant
- 0.8 cup pecans chopped
- 8 ounces cream sour
- 0.3 cup vegetable oil
- 0.3 cup water
- 1 package cake mix yellow (regular size)

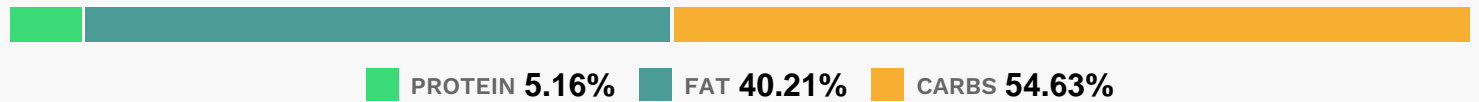
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- In a bowl, combine cake and pudding mixes.
- Add sour cream, eggs, oil and water; beat until blended.
- Pour into five greased 5-3/4-in. x 3-in. x 2-in. loaf pans.
- Combine the pecans, brown sugar and cinnamon; sprinkle over batter.
- Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:0.6, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.7082609288071%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 166.5kcal (8.33%), Fat: 7.56g (11.64%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.45g (8.17%), Sugar: 14.4g (16%), Cholesterol: 31.54mg (10.51%), Sodium: 219.46mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Phosphorus: 121.37mg (12.14%), Manganese: 0.23mg (11.27%), Calcium: 62.76mg (6.28%), Vitamin B2: 0.1mg (5.92%), Vitamin B1: 0.07mg (4.94%), Vitamin K:

4.95µg (4.71%), Selenium: 3.29µg (4.7%), Folate: 18.66µg (4.67%), Iron: 0.67mg (3.72%), Vitamin E: 0.53mg (3.52%), Copper: 0.07mg (3.31%), Vitamin B3: 0.54mg (2.68%), Fiber: 0.67g (2.67%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.33mg (2.21%), Magnesium: 8.09mg (2.02%), Vitamin B6: 0.04mg (1.97%), Vitamin A: 97.03IU (1.94%), Vitamin B12: 0.1µg (1.72%), Potassium: 47.42mg (1.35%)