



Plum Bread

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



447 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 1 cup powdered sugar
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 2.5 tablespoons juice of lemon

- 1 cup nuts chopped
- 8 ounce plums
- 1 teaspoon food coloring red
- 0.5 teaspoon salt
- 1 cup vegetable oil
- 2 cups granulated sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a bundt pan or loaf pans.
- In a large bowl, mix together vegetable oil, white sugar, eggs, plum baby food, and food coloring. In a separate bowl, mix together flour, cloves, cinnamon, nutmeg, salt, baking soda, and nuts.
- Mix wet and dry ingredients together.
- Transfer batter to prepared pan(s).
- Bake in the preheated oven for 50–60 minutes or until a tester comes out clean. (Smaller loaf pans will take less time.)
- Remove from oven to cool 10 minutes in pan.
- Remove and place on cooling rack.
- While the cake is cooling, combine confectioners' sugar and lemon juice.
- Brush over top while cake is still hot.

Nutrition Facts



■ PROTEIN 6.02% ■ FAT 26.43% ■ CARBS 67.55%

Properties

Glycemic Index:28.84, Glycemic Load:43.32, Inflammation Score:-4, Nutrition Score:9.1347825734512%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 447.46kcal (22.37%), Fat: 13.53g (20.82%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 77.82g (25.94%), Net Carbohydrates: 75.33g (27.39%), Sugar: 54.15g (60.17%), Cholesterol: 49.1mg (16.37%), Sodium: 193.23mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Manganese: 0.63mg (31.29%), Selenium: 12.87µg (18.38%), Vitamin B1: 0.24mg (15.89%), Folate: 61.18µg (15.29%), Vitamin B2: 0.23mg (13.5%), Copper: 0.25mg (12.47%), Phosphorus: 120.25mg (12.03%), Vitamin B3: 2.27mg (11.34%), Iron: 2.04mg (11.32%), Magnesium: 42.12mg (10.53%), Fiber: 2.49g (9.98%), Vitamin K: 9.93µg (9.46%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.52mg (5.23%), Potassium: 174.72mg (4.99%), Vitamin C: 3.67mg (4.45%), Vitamin B6: 0.09mg (4.28%), Vitamin E: 0.6mg (3.98%), Vitamin A: 152.92IU (3.06%), Calcium: 26.85mg (2.69%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)