



Plum Pudding Bread

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



208 kcal

Ingredients

- ☐ 16.6 oz just-add-water cornbread mix quick
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 16.5 oz plums pitted drained canned
- ☐ 2 tablespoons vegetable oil

Equipment

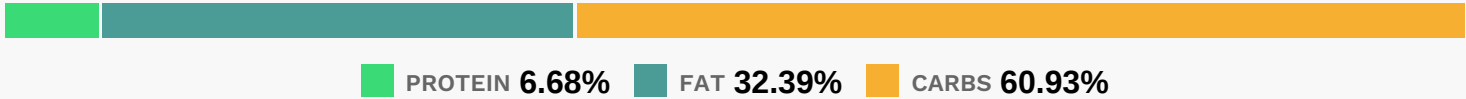
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Grease 8- or 9-inch springform pan. In food processor bowl with metal blade, place plums. Cover; process until smooth.
- ☐ In medium bowl, stir quick bread mix, pureed plums, reserved 1/2 cup plum liquid, ginger, cinnamon, nutmeg, oil and egg just until dry ingredients are moistened.
- ☐ Pour batter into pan.
- ☐ Bake 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove side of pan. Cool 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:1.52, Inflammation Score:-3, Nutrition Score:5.7726086792739%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 207.84kcal (10.39%), Fat: 7.53g (11.58%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 31.87g (10.62%),
Net Carbohydrates: 28.71g (10.44%), Sugar: 11.87g (13.19%), Cholesterol: 14.42mg (4.81%), Sodium: 325.65mg
(14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Phosphorus: 205.55mg (20.55%), Fiber:
3.16g (12.64%), Vitamin B1: 0.18mg (12%), Folate: 40.19µg (10.05%), Manganese: 0.19mg (9.42%), Vitamin K: 8.66µg
(8.25%), Vitamin B2: 0.13mg (7.87%), Vitamin B3: 1.49mg (7.43%), Iron: 1.14mg (6.31%), Selenium: 3.37µg (4.82%),
Vitamin C: 3.75mg (4.54%), Vitamin A: 199.7IU (3.99%), Vitamin B6: 0.07mg (3.42%), Magnesium: 12.89mg (3.22%),
Potassium: 112.18mg (3.21%), Vitamin B5: 0.3mg (2.98%), Copper: 0.06mg (2.97%), Calcium: 27.75mg (2.78%),
Vitamin E: 0.39mg (2.6%), Zinc: 0.32mg (2.1%), Vitamin B12: 0.07µg (1.13%)