

Quick Apple Pie Bread

READY IN



95 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- ☐ 21 ounce apple filling canned
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter at room temperature
- ☐ 0.5 cup brown sugar dark packed ()
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

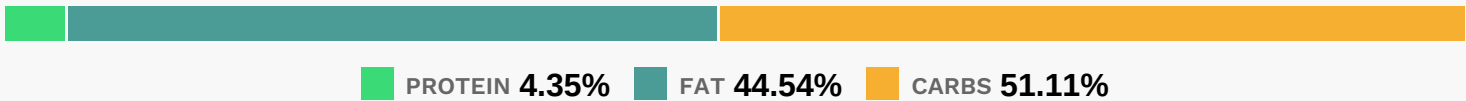
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ potato masher

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 loaf pan.
- ☐ In a medium bowl, use a potato masher to break up apples in the filling; set aside. In a large mixing bowl, cream together butter, white sugar, and brown sugar. Stir in eggs, apples, and vanilla extract until well blended. Sift together flour, baking soda, cinnamon, and salt. Stir into apple mixture, then stir in raisins and walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 60 minute, until a toothpick inserted into center of the loaf comes out clean.
- ☐ Let bread cool in pan for 15 minutes, then turn out onto a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:31.87, Inflammation Score:-6, Nutrition Score:10.780869535778%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg

Nutrients (% of daily need)

Calories: 624.99kcal (31.25%), Fat: 31.71g (48.78%), Saturated Fat: 15.68g (97.97%), Carbohydrates: 81.88g (27.29%), Net Carbohydrates: 78.5g (28.55%), Sugar: 36.72g (40.8%), Cholesterol: 101.93mg (33.98%), Sodium: 523.99mg (22.78%), Alcohol: 0.56g (100%), Alcohol %: 0.36% (100%), Protein: 6.97g (13.93%), Manganese: 0.7mg (35.21%), Selenium: 15.35µg (21.92%), Vitamin B1: 0.31mg (20.86%), Folate: 74.52µg (18.63%), Copper: 0.32mg (15.94%), Vitamin A: 789.28IU (15.79%), Vitamin B2: 0.27mg (15.75%), Iron: 2.66mg (14.8%), Fiber: 3.38g (13.52%), Phosphorus: 116.5mg (11.65%), Vitamin B3: 2.19mg (10.95%), Magnesium: 33.25mg (8.31%), Potassium: 271.49mg (7.76%), Vitamin B6: 0.14mg (6.81%), Vitamin E: 0.9mg (6.03%), Zinc: 0.79mg (5.28%), Calcium: 49.5mg (4.95%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 2.86µg (2.72%), Vitamin C: 2.15mg (2.61%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.22µg (1.47%)