



Quick Pineapple-Cherry Bread



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



441 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 9 ounce pineapple crushed canned
- ☐ 0.5 cup candied cherry halved
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup walnuts chopped

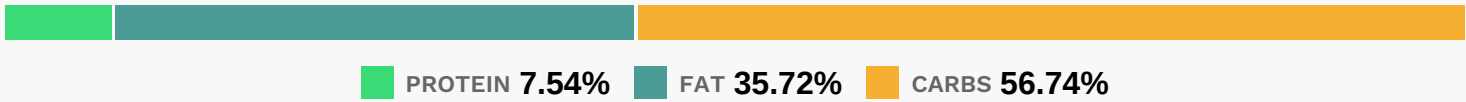
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Grease a loaf pan, 9 x 5 x 3.2 Sift flour, baking powder, sugar and salt into a large bowl; stir in walnuts and cherries.3 Beat egg well in a medium-size bowl; stir in pineapple and syrup, milk and vegetable oil.4
- ☐ Add all at once to flour mixture; stir just until evenly moist.5 Spoon into prepared pan; spread top even.6
- ☐ Bake in a moderate oven (350 degrees F) for 1 hour and 15 minutes, or until a wooden pick inserted in center comes out clean.7 Cool in pan on a wire rack 10 minutes.8 Loosen around edges with a knife; turn out onto a rack.9 Cool completely.10 Wrap loaf in plastic wrap.11 Store overnight to mellow flavors.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:40.21, Inflammation Score:-5, Nutrition Score:13.116521700569%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 441.33kcal (22.07%), Fat: 17.93g (27.59%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 64.1g (21.37%), Net Carbohydrates: 61.25g (22.27%), Sugar: 25.63g (28.47%), Cholesterol: 22.29mg (7.43%), Sodium: 518.03mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Manganese: 0.83mg (41.44%), Vitamin B1: 0.46mg (30.9%), Selenium: 18.83µg (26.9%), Folate: 104.64µg (26.16%), Vitamin B2: 0.31mg (18.4%), Phosphorus: 175.38mg (17.54%), Copper: 0.35mg (17.26%), Iron: 3.05mg (16.95%), Calcium: 167.31mg (16.73%), Vitamin B3: 3.06mg (15.28%), Vitamin K: 13.53µg (12.89%), Fiber: 2.85g (11.38%), Magnesium: 42.19mg (10.55%), Vitamin B6: 0.15mg (7.3%), Zinc: 0.95mg (6.36%), Potassium: 204.65mg (5.85%), Vitamin E: 0.77mg (5.1%), Vitamin C: 3.79mg (4.6%), Vitamin B5: 0.45mg (4.47%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.28µg (1.85%), Vitamin A: 78.8IU (1.58%)