



Raisin Bread I

 Vegetarian

READY IN



70 min.

SERVINGS



2

CALORIES



1403 kcal

BREAD

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 1 cup raisins

- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar white

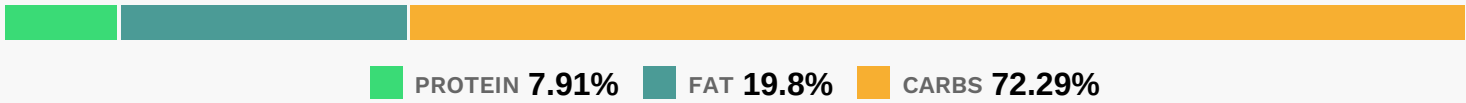
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5x3 inch loaf pan.
- ☐ In large bowl measure flour, sugar, baking powder, soda, salt, cinnamon, and raisins. Stir thoroughly. Make a well in center.
- ☐ In small bowl beat egg until frothy.
- ☐ Mix in melted butter and milk.
- ☐ Pour into well. Stir just enough to moisten.
- ☐ Scrape into greased 9x5x3 inch loaf pan.
- ☐ Bake in 350 degree F (175 degree C) oven for 1 hour.
- ☐ Serve plain or toasted with butter.

Nutrition Facts



Properties

Glycemic Index:194.45, Glycemic Load:172.67, Inflammation Score:-9, Nutrition Score:39.880869533705%

Nutrients (% of daily need)

Calories: 1402.74kcal (70.14%), Fat: 31.41g (48.32%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 257.91g (85.97%), Net Carbohydrates: 247.51g (90%), Sugar: 56.39g (62.65%), Cholesterol: 157.49mg (52.5%), Sodium: 2357.02mg (102.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Vitamin B1: 1.63mg (108.79%), Selenium: 73.69µg (105.28%), Folate: 356.54µg (89.13%), Manganese: 1.62mg (81%), Vitamin B2: 1.35mg (79.21%), Iron: 11.73mg (65.15%), Vitamin B3: 12.04mg (60.22%), Calcium: 578.91mg (57.89%), Phosphorus: 562.41mg (56.24%), Fiber: 10.4g (41.61%), Potassium: 1024.59mg (29.27%), Copper: 0.51mg (25.68%), Magnesium:

82.95mg (20.74%), Vitamin A: 1027.74IU (20.55%), Vitamin B5: 1.68mg (16.8%), Vitamin B6: 0.33mg (16.63%), Zinc: 2.27mg (15.17%), Vitamin B12: 0.9µg (15.05%), Vitamin D: 1.78µg (11.88%), Vitamin E: 1.08mg (7.2%), Vitamin C: 3.94mg (4.78%), Vitamin K: 3.21µg (3.06%)