



Raisin Nut Bread

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



558 kcal

BREAD

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup raisins

- ☐ 1.3 cups walnuts chopped
- ☐ 0.7 cup sugar white

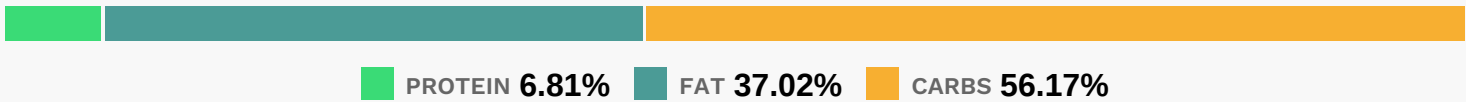
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon. In a separate bowl, beat together egg, applesauce and butter. Stir applesauce mixture into flour mixture just until combined. Fold in walnuts and raisins; pour batter into prepared loaf pan.
- ☐ Bake in preheated oven for 45 minutes, until a toothpick inserted into center of the loaf comes out clean. Allow to cool before slicing.

Nutrition Facts



Properties

Glycemic Index:61.82, Glycemic Load:49.58, Inflammation Score:-6, Nutrition Score:15.507826027663%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 558.23kcal (27.91%), Fat: 23.98g (36.89%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 81.86g (27.29%), Net Carbohydrates: 76.77g (27.92%), Sugar: 26.82g (29.8%), Cholesterol: 42.33mg (14.11%), Sodium: 367.8mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Manganese: 1.29mg (64.67%), Vitamin B1: 0.46mg (30.45%), Copper: 0.57mg (28.26%), Folate: 107.35µg (26.84%), Selenium: 18.13µg (25.9%), Phosphorus: 215.3mg (21.53%), Iron: 3.79mg (21.06%), Fiber: 5.09g (20.38%), Vitamin B2: 0.34mg

(20.07%), Calcium: 166.16mg (16.62%), Vitamin B3: 3.07mg (15.33%), Magnesium: 60.43mg (15.11%), Potassium: 402.43mg (11.5%), Vitamin B6: 0.23mg (11.37%), Zinc: 1.26mg (8.39%), Vitamin B5: 0.48mg (4.79%), Vitamin A: 232.26IU (4.65%), Vitamin E: 0.52mg (3.45%), Vitamin C: 2.06mg (2.5%), Vitamin K: 1.62µg (1.54%), Vitamin B12: 0.08µg (1.29%)