

Rhubarb Bread I

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



196 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar
- 1 tablespoon butter melted
- 1 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 1 cup milk

- 1.5 cups rhubarb chopped
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.7 cup vegetable oil
- 0.5 cup walnut pieces chopped

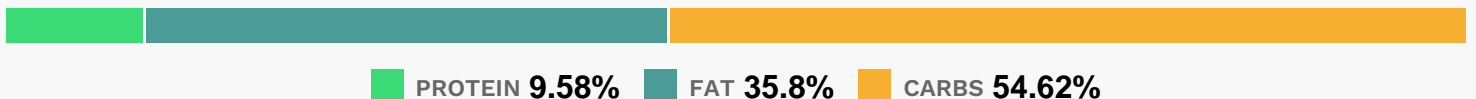
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease two 9x5 inch loaf pans. In a small bowl, stir together milk, lemon juice and vanilla; let stand for 10 minutes.
- In a large bowl, mix together 1 1/2 cups brown sugar, oil and egg.
- Combine the flour, salt and baking soda, stir into sugar mixture alternately with the milk mixture just until combined. Fold in rhubarb and nuts.
- Pour batter into prepared loaf pans.
- In a small bowl, combine 1/4 cup brown sugar, cinnamon and butter.
- Sprinkle this mixture over the unbaked loaves.
- Bake in preheated oven for 40 minutes, until a toothpick inserted into center of a loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:14.86, Inflammation Score:-3, Nutrition Score:6.7321738678476%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 195.96kcal (9.8%), Fat: 7.84g (12.06%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25.55g (9.29%), Sugar: 5.88g (6.53%), Cholesterol: 18.59mg (6.2%), Sodium: 307.99mg (13.39%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.72g (9.44%), Manganese: 0.39mg (19.73%), Vitamin B1: 0.24mg (15.82%), Selenium: 10.82µg (15.45%), Folate: 55.56µg (13.89%), Vitamin B2: 0.19mg (10.96%), Vitamin K: 9.31µg (8.87%), Vitamin B3: 1.67mg (8.36%), Iron: 1.49mg (8.28%), Phosphorus: 75.56mg (7.56%), Copper: 0.12mg (6.2%), Fiber: 1.35g (5.41%), Calcium: 54.01mg (5.4%), Magnesium: 18.75mg (4.69%), Potassium: 137.4mg (3.93%), Zinc: 0.48mg (3.23%), Vitamin B6: 0.06mg (3.13%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.14µg (2.41%), Vitamin C: 1.77mg (2.15%), Vitamin D: 0.3µg (1.98%), Vitamin A: 98.75IU (1.97%)