



Savory Sweet Potato Pan Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

Ingredients

- 1.5 cups sweet potatoes and into shredded uncooked ()
- 0.5 cup sugar
- 0.3 cup vegetable oil
- 2 eggs
- 1 cup flour all-purpose
- 0.5 cup flour whole wheat
- 2 teaspoons onion instant minced
- 1 teaspoon rosemary dried crumbled
- 1 teaspoon baking soda

- 0.5 teaspoon salt
- 0.3 teaspoon double-acting baking powder
- 1 tablespoon sesame seed

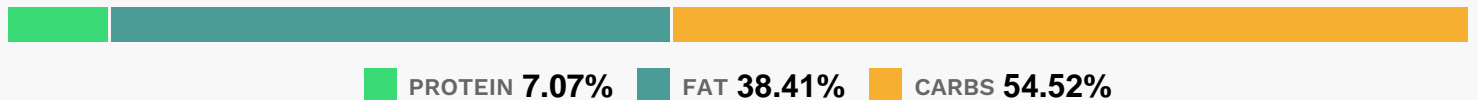
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 350°. Grease bottom only of round pan, 9x1 1/2 inches, with shortening.
- Mix sweet potato, sugar, oil and eggs in large bowl. Stir in remaining ingredients except sesame seed.
- Spread in pan.
- Sprinkle sesame seed over batter.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:53.39, Glycemic Load:19.91, Inflammation Score:-9, Nutrition Score:10.664782632952%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 254.01kcal (12.7%), Fat: 11.02g (16.96%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 33.09g (12.03%), Sugar: 13.66g (15.17%), Cholesterol: 40.92mg (13.64%), Sodium: 325.45mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin A: 3598.45IU (71.97%), Manganese: 0.51mg (25.27%), Selenium: 13.88µg (19.83%), Vitamin K: 17.38µg (16.55%), Vitamin B1: 0.19mg (12.82%), Folate: 40.91µg (10.23%), Vitamin B2: 0.16mg (9.42%), Phosphorus: 86.33mg (8.63%), Fiber: 2.1g (8.42%), Iron: 1.51mg (8.41%), Vitamin B3: 1.49mg (7.44%), Copper: 0.14mg (7.05%), Vitamin E: 0.99mg (6.59%), Magnesium: 24.89mg (6.22%), Vitamin B6: 0.12mg (5.85%), Vitamin B5: 0.48mg (4.83%), Potassium: 149mg (4.26%), Zinc: 0.6mg (4.01%), Calcium: 36.12mg (3.61%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)