



Simple Blueberry Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

BREAD

Ingredients

- 0.5 cup butter softened
- 1 cups sugar divided
- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 2 large eggs
- 0.5 cup milk
- 1.5 cups blueberries

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks
- spatula

Directions

- Preheat oven to 350.
- Grease and flour 9 x 5" loaf pan.
- In large bowl, with mixer at low speed, beat butter and 1 cup sugar just until blended. Increase speed to medium; beat until light and fluffy, about 5 minutes.
- Meanwhile, in medium bowl, combine flour, baking powder, and salt.
- Reduce speed to low; add eggs, one at a time, beating after each addition until well blended, occasionally scrapping bowl with rubber spatula.
- Alternately, add flour mixture and milk, mixing until just blended.
- Gently stir in blueberries.
- Spoon the batter into loaf pan.
- Bake 1 hr and 5 minutes or until toothpick inserted in center, comes out clean.
- Cool loaf in pan on wire rack for 10 minutes.
- Remove from pan. Cool the bread on wire rack.

Nutrition Facts



PROTEIN 6.24% **FAT 34.07%** **CARBS 59.69%**

Properties

Glycemic Index:60.85, Glycemic Load:48.77, Inflammation Score:-6, Nutrition Score:10.552173913043%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 22.23%, Sourness: 19.5%, Bitterness: 11.67%, Savoriness: 14.1%, Fattiness: 49.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 18.21g (28.02%), Saturated Fat: 10.7g (66.86%), Carbohydrates: 71.81g (23.94%), Net Carbohydrates: 69.8g (25.38%), Sugar: 38.12g (42.35%), Cholesterol: 105.11mg (35.04%), Sodium: 489.69mg (21.29%), Protein: 7.51g (15.01%), Selenium: 20.06µg (28.65%), Vitamin B1: 0.36mg (23.98%), Folate: 86.87µg (21.72%), Manganese: 0.42mg (20.8%), Vitamin B2: 0.34mg (19.88%), Iron: 2.5mg (13.88%), Phosphorus: 136.73mg (13.67%), Vitamin B3: 2.66mg (13.28%), Calcium: 126.15mg (12.62%), Vitamin A: 615.65IU (12.31%), Vitamin K: 8.7µg (8.29%), Fiber: 2.02g (8.06%), Vitamin B5: 0.58mg (5.81%), Vitamin E: 0.86mg (5.73%), Vitamin B12: 0.29µg (4.84%), Copper: 0.1mg (4.8%), Zinc: 0.67mg (4.47%), Vitamin C: 3.59mg (4.35%), Magnesium: 16.57mg (4.14%), Vitamin B6: 0.08mg (3.94%), Potassium: 132.09mg (3.77%), Vitamin D: 0.56µg (3.71%)