



Southern Cola-Date Loaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1.3 cups coca-cola
- ☐ 8 ounce dates whole pitted chopped
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.8 teaspoon ground ginger
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons strong coffee decoction brewed
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Bring the cola to a boil in a large saucepan.
- ☐ Remove from heat; stir in brown sugar, oil, and dates.
- ☐ Let cool completely. Stir in coffee and egg, and set aside.
- ☐ Combine flour and next 7 ingredients (flour through salt) in a large bowl; make a well in center of mixture.
- ☐ Add cola mixture to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Pour batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pan 10 minutes on a wire rack; remove from pan, and let cool completely on a wire rack.
- ☐ Note: Loaves can also be made in 2 (5 x 3-inch) disposable foil pans for gift giving, if desired.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:14.75, Inflammation Score:-2, Nutrition Score:4.3078261302865%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 3.41g (5.24%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 33.14g (12.05%), Sugar: 20.78g (23.09%), Cholesterol: 10.23mg (3.41%), Sodium: 139.45mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 0.28mg (14.08%), Selenium: 6.83µg (9.76%), Vitamin B1: 0.14mg (9.52%), Folate: 33.15µg (8.29%), Fiber: 1.83g (7.3%), Iron: 1.11mg (6.19%), Vitamin B2: 0.1mg (6.07%), Vitamin B3: 1.15mg (5.76%), Phosphorus: 43.88mg (4.39%), Copper: 0.08mg (4.02%), Potassium: 137.71mg (3.93%), Calcium: 35.98mg (3.6%), Vitamin K: 3.67µg (3.49%), Magnesium: 13.29mg (3.32%), Vitamin B5: 0.23mg (2.29%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.28mg (1.84%), Vitamin E: 0.21mg (1.41%)