



## Southern Sweet Potato Bread

 Vegetarian

READY IN



105 min.

SERVINGS



12

CALORIES



240 kcal

### Ingredients

- 1.5 cups self raising flour
- 1 cup sugar
- 1 teaspoon nutmeg
- 0.5 teaspoon ground cinnamon
- 0.5 cup vegetable oil
- 2 tablespoons milk
- 2 eggs slightly beaten
- 1 cup sweet potatoes and into cooked mashed
- 1 cup pecans chopped

0.5 cup golden raisins

## Equipment

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

## Directions

- Heat oven to 350°F. Grease bottom only of 8x4-inch loaf pan with shortening or cooking spray. In large bowl, stir together flour, sugar, nutmeg and cinnamon.
- Add oil, milk and eggs; blend well. Stir in sweet potatoes, pecans and raisins until well mixed.
- Pour into pan.
- Bake 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes.
- Remove from pan to cooling rack. Cool completely, about 1 hour. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

## Nutrition Facts



## Properties

Glycemic Index:31.23, Glycemic Load:22.78, Inflammation Score:-8, Nutrition Score:6.6656520599904%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:

0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 240.24kcal (12.01%), Fat: 9.54g (14.68%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 34.65g (12.6%), Sugar: 21.28g (23.64%), Cholesterol: 27.58mg (9.19%), Sodium: 18.7mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin A: 1621.86IU (32.44%), Manganese: 0.6mg (30.1%), Selenium: 9.06µg (12.94%), Copper: 0.18mg (9.23%), Fiber: 1.9g (7.6%), Phosphorus: 69.93mg (6.99%), Vitamin B1: 0.09mg (5.77%), Magnesium: 21.32mg (5.33%), Zinc: 0.71mg (4.72%), Vitamin B2: 0.08mg (4.69%), Potassium: 150.43mg (4.3%), Vitamin B6: 0.08mg (4.1%), Vitamin K: 4.17µg (3.97%), Iron: 0.7mg (3.86%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.45mg (3.03%), Folate: 12.13µg (3.03%), Calcium: 23.72mg (2.37%), Vitamin B3: 0.4mg (2.02%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.17µg (1.16%)