



Southern Sweet Potato Bread with Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons milk
- ☐ 1 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sweet potatoes cooked mashed
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

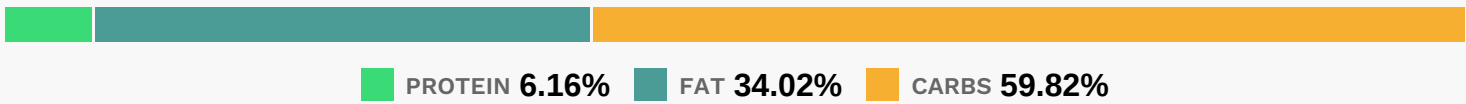
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease an 8x4 inch loaf pan.
- ☐ In a medium bowl, stir together the flour, baking powder, salt, nutmeg cinnamon, and sugar.
- ☐ Add the eggs, oil, and milk; mix until well blended. Finally, stir in the mashed sweet potatoes, pecans, and golden raisins.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 70 minutes, or until a toothpick inserted comes out clean. Allow bread to cool in the pan at least 15 minutes before removing. For best flavor, store overnight before serving.

Nutrition Facts



Properties

Glycemic Index:59.34, Glycemic Load:36.35, Inflammation Score:-9, Nutrition Score:11.793043416479%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 361.6kcal (18.08%), Fat: 14.15g (21.77%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 53.06g (19.3%), Sugar: 31.91g (35.45%), Cholesterol: 41.37mg (13.79%), Sodium: 206.72mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin A: 2432.32IU (48.65%), Manganese: 0.88mg (43.87%), Vitamin B1: 0.29mg (19.67%), Selenium: 12.23µg (17.48%), Copper: 0.27mg (13.41%), Folate: 53.36µg (13.34%), Vitamin B2: 0.22mg (13.02%), Phosphorus: 129.38mg (12.94%), Fiber: 2.92g (11.69%), Iron: 2.03mg (11.28%), Calcium: 94.38mg (9.44%), Vitamin B3: 1.76mg (8.78%), Magnesium: 31.55mg (7.89%), Zinc: 1.03mg (6.85%), Potassium: 227.51mg (6.5%), Vitamin B6: 0.12mg (6.23%), Vitamin K: 6.26µg (5.96%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.6mg (4.01%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.26µg (1.74%), Vitamin C: 0.85mg (1.03%)