



Spiced Applesauce Bread

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



423 kcal

BREAD

Ingredients

- ☐ 1.3 cups apple sauce
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 3 tablespoons milk
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

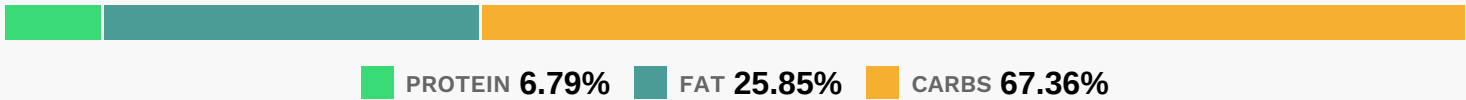
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large bowl, combine the applesauce, sugar, oil, eggs and milk; beat well. Sift in the flour, baking soda, baking powder, cinnamon, nutmeg, allspice and salt; stir until smooth. Fold in the pecans.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:46.56, Inflammation Score:-4, Nutrition Score:10.639565117981%

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: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate:

0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg
Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 422.95kcal (21.15%), Fat: 12.41g (19.1%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 72.79g (24.26%), Net Carbohydrates: 70.11g (25.49%), Sugar: 38.96g (43.28%), Cholesterol: 55.46mg (18.49%), Sodium: 340.58mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Manganese: 0.75mg (37.28%), Selenium: 19.48µg (27.83%), Vitamin B1: 0.41mg (27.38%), Folate: 86.77µg (21.69%), Vitamin B2: 0.32mg (18.63%), Iron: 2.61mg (14.52%), Vitamin B3: 2.63mg (13.17%), Phosphorus: 117mg (11.7%), Fiber: 2.68g (10.72%), Copper: 0.2mg (9.88%), Vitamin K: 7.5µg (7.14%), Zinc: 0.95mg (6.32%), Magnesium: 24.8mg (6.2%), Calcium: 54.43mg (5.44%), Vitamin B5: 0.54mg (5.35%), Vitamin E: 0.69mg (4.62%), Potassium: 153.57mg (4.39%), Vitamin B6: 0.08mg (4.06%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.38µg (2.51%), Vitamin A: 112.21IU (2.24%)