



Spiced Carrot and Walnut Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup canola oil
- ☐ 1 pound carrots sliced
- ☐ 1.5 teaspoons cinnamon
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup honey

- ☐ 1.3 teaspoons kosher salt
- ☐ 2 teaspoons nutmeg freshly grated
- ☐ 1.5 cups sugar
- ☐ 1 cup walnut halves
- ☐ 0.8 cups flour whole wheat

Equipment

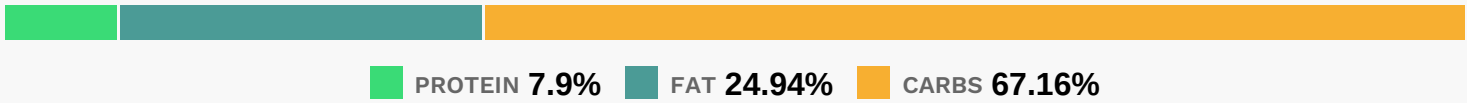
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ potato masher
- ☐ spatula

Directions

- ☐ Preheat the oven to 350° and adjust the rack to the center position. Spray two 9-by-5-inch loaf pan with cooking spray. Bring a medium saucepan of water to a boil.
- ☐ Add the carrots and boil until tender, about 10 minutes.
- ☐ Drain and mash the carrots with a potato masher.
- ☐ Let cool.
- ☐ Meanwhile, toast the walnuts on a baking sheet until lightly browned, about 7 minutes.
- ☐ Let cool, then coarsely chop.
- ☐ In a medium bowl whisk together the flours, baking soda, nutmeg, cinnamon and salt. In a large bowl, whisk the eggs with the sugar and honey until pale yellow.
- ☐ Whisk in the oil and buttermilk. Stir in the carrots, then stir in the flour mixture just until blended. Fold in the walnuts with a rubber spatula.
- ☐ Pour the batter into the prepared pans and bake until golden, springy to the touch and a cake tester inserted in the center comes out clean, about 50 minutes.

Let the loaves cool in their pans for 10 minutes, then turn out onto a rack to cool completely.
Store leftovers in plastic zipper-lock bag in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:28.51, Inflammation Score:-10, Nutrition Score:12.581739145776%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 283.63kcal (14.18%), Fat: 8.14g (12.52%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 46.78g (17.01%), Sugar: 29.5g (32.78%), Cholesterol: 47.33mg (15.77%), Sodium: 364.94mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.61%), Vitamin A: 4818.72IU (96.37%), Manganese: 0.69mg (34.62%), Selenium: 14.15µg (20.21%), Vitamin B1: 0.22mg (14.62%), Folate: 53.86µg (13.46%), Vitamin B2: 0.2mg (11.84%), Phosphorus: 106.49mg (10.65%), Fiber: 2.53g (10.13%), Copper: 0.2mg (9.84%), Iron: 1.62mg (8.98%), Vitamin B3: 1.71mg (8.56%), Magnesium: 29.57mg (7.39%), Vitamin B6: 0.14mg (6.81%), Potassium: 197.17mg (5.63%), Zinc: 0.79mg (5.25%), Vitamin K: 5.22µg (4.97%), Vitamin B5: 0.46mg (4.58%), Vitamin E: 0.67mg (4.5%), Calcium: 39.97mg (4%), Vitamin B12: 0.15µg (2.43%), Vitamin D: 0.35µg (2.32%), Vitamin C: 1.84mg (2.22%)