



Spiced Peach-Carrot Bread

 Vegetarian

READY IN



170 min.

SERVINGS



15

CALORIES



206 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 cup carrots freshly grated
- 2 large eggs lightly beaten
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 cup milk

- 1.5 cups peaches fresh ripe peeled chopped
- 0.8 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup sugar
- 0.7 cup vegetable oil

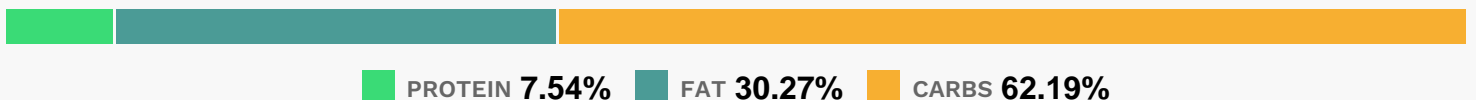
Equipment

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

Directions

- Preheat oven to 350
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 15 minutes.
- Stir together flour and next 6 ingredients in a large bowl; add peaches, next 4 ingredients, and toasted pecans, stirring just until dry ingredients are moistened. Spoon batter into a lightly greased 9- x 5-inch loaf pan.
- Bake at 350 for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes.
- Remove from pan to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:21.76, Inflammation Score:-7, Nutrition Score:6.9647825800854%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 206.04kcal (10.3%), Fat: 7.07g (10.88%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 31.12g (11.32%), Sugar: 15.6g (17.34%), Cholesterol: 25.78mg (8.59%), Sodium: 165.91mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin A: 1172.04IU (23.44%), Manganese: 0.43mg (21.65%), Vitamin B1: 0.21mg (14.32%), Selenium: 9.89µg (14.12%), Folate: 44.63µg (11.16%), Vitamin B2: 0.16mg (9.58%), Vitamin B3: 1.5mg (7.48%), Iron: 1.33mg (7.37%), Phosphorus: 67.72mg (6.77%), Fiber: 1.57g (6.3%), Copper: 0.12mg (5.85%), Vitamin K: 5.21µg (4.96%), Zinc: 0.57mg (3.78%), Magnesium: 15.13mg (3.78%), Calcium: 32.82mg (3.28%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.31mg (3.12%), Potassium: 106.31mg (3.04%), Vitamin B6: 0.05mg (2.49%), Vitamin B12: 0.1µg (1.72%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.08mg (1.3%)