

Spiced Pear Bread

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



154 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup canola oil
- 3 eggs
- 3.3 cups flour all-purpose
- 3 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 45 ounces pears mashed drained sliced canned

- 0.5 teaspoon salt
- 1 cup sugar
- 0.3 cup apple sauce unsweetened

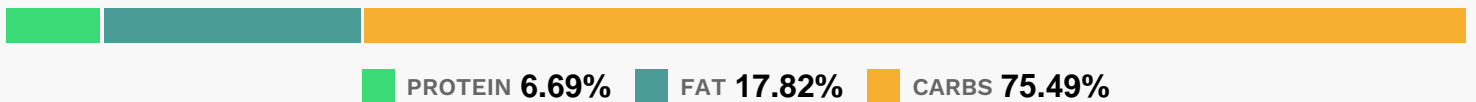
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the first seven ingredients. In a small bowl, whisk the eggs, pears, applesauce and oil. Stir into dry ingredients just until moistened.
- Pour into four 5-3/4-in. x 3-in. x 2-in. loaf pans coated with cooking spray.
- Bake at 350° for 50–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:17.57, Inflammation Score:-2, Nutrition Score:4.448695672595%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 154.49kcal (7.72%), Fat: 3.14g (4.83%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 27.63g (10.05%), Sugar: 13.81g (15.35%), Cholesterol: 20.46mg (6.82%), Sodium: 120.78mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Manganese: 0.24mg (11.87%), Selenium: 7.55µg (10.79%), Vitamin B1: 0.14mg (9.49%), Folate: 37.39µg (9.35%), Fiber: 2.29g (9.18%), Vitamin B2: 0.13mg (7.37%), Iron: 1.04mg (5.76%), Vitamin B3: 1.1mg (5.48%), Vitamin K: 4.28µg (4.07%), Phosphorus: 39.58mg (3.96%), Copper: 0.07mg (3.72%), Vitamin E: 0.56mg (3.71%), Vitamin C: 2.32mg (2.81%), Potassium: 91.38mg (2.61%), Calcium: 23.44mg (2.34%), Magnesium: 8.59mg (2.15%), Vitamin B5: 0.19mg (1.87%), Vitamin B6: 0.03mg (1.68%), Zinc: 0.25mg (1.67%)