



Spiced Plum Bread



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



238 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 cup honey
- ☐ 1 cup plums canned chopped
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup walnuts chopped
- ☐ 0.7 cup sugar white

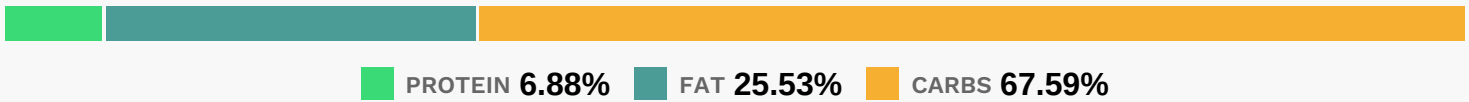
Equipment

- ☐ 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, blend the egg, honey, sugar, and vanilla.
- ☐ Mix in the flour, baking soda, cloves, and cinnamon. Fold in the plums and walnuts.
- ☐ Transfer the batter to the prepared loaf pan, and bake 50 to 60 minutes in the preheated oven, until a toothpick inserted in the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:26, Inflammation Score:-3, Nutrition Score:6.0473912565605%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 238.18kcal (11.91%), Fat: 7g (10.76%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 40.18g (14.61%), Sugar: 24.42g (27.13%), Cholesterol: 13.64mg (4.55%), Sodium: 97.96mg (4.26%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 4.24g (8.48%), Manganese: 0.55mg (27.65%), Vitamin B1: 0.2mg (13.49%), Selenium: 8.85µg (12.65%), Folate: 50.4µg (12.6%), Copper: 0.2mg (10.1%), Vitamin B2: 0.15mg (8.58%), Iron: 1.42mg (7.87%), Vitamin B3: 1.42mg (7.1%), Phosphorus: 66.39mg (6.64%), Fiber: 1.49g (5.95%), Magnesium: 21.95mg (5.49%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.54mg (3.62%), Potassium: 101.03mg (2.89%), Vitamin B5: 0.23mg (2.32%), Vitamin C: 1.51mg (1.82%), Calcium: 17.5mg (1.75%), Vitamin A: 69.44IU (1.39%), Vitamin K: 1.35µg (1.28%), Vitamin E: 0.16mg (1.09%)