



Spicy Apricot Loaf

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons brown sugar
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup apricots dried chopped
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup pineapple juice
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups flour whole wheat

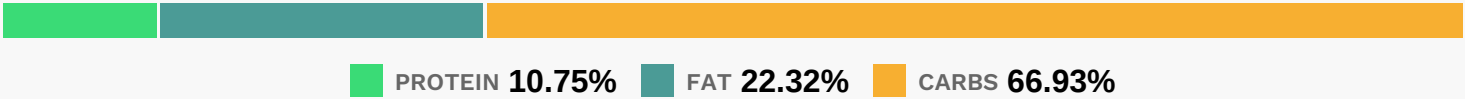
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Place apricots and pineapple juice in a small saucepan. Warm over medium heat until bubbling.
- ☐ Remove from heat and set aside to cool.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large bowl, mix together whole wheat flour, all-purpose flour, baking powder, baking soda, brown sugar, ginger, coriander and cinnamon.
- ☐ In a separate bowl, beat together egg, vegetable oil and buttermilk; combine with cooled apricot mixture. Gradually stir buttermilk/apricot mixture into flour mixture until blended.
- ☐ Pour batter into prepared 9x5 inch loaf pan.
- ☐ Bake in preheated oven for 50 minutes or until a toothpick inserted into center of the loaf comes out clean.
- ☐ Let cool 5 minutes then loosen sides of loaf with a blunt knife.
- ☐ Remove from pan and allow to cool completely on a wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:47.07, Glycemic Load:11.9, Inflammation Score:-5, Nutrition Score:14.603043328161%

Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 7.26g (11.18%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 44.46g (16.17%), Sugar: 13.31g (14.79%), Cholesterol: 30.58mg (10.19%), Sodium: 369.59mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Manganese: 1.63mg (81.28%), Selenium: 27.74µg (39.62%), Vitamin B1: 0.3mg (20.25%), Phosphorus: 202.29mg (20.23%), Fiber: 4.56g (18.26%), Calcium: 147.09mg (14.71%), Iron: 2.53mg (14.08%), Magnesium: 56mg (14%), Vitamin B3: 2.72mg (13.59%), Vitamin B2: 0.22mg (13.11%), Folate: 51.13µg (12.78%), Copper: 0.21mg (10.28%), Vitamin B6: 0.19mg (9.37%), Vitamin K: 9.46µg (9%), Potassium: 303.89mg (8.68%), Zinc: 1.18mg (7.89%), Vitamin A: 354.16IU (7.08%), Vitamin E: 1.02mg (6.77%), Vitamin B5: 0.53mg (5.35%), Vitamin D: 0.54µg (3.58%), Vitamin B12: 0.2µg (3.39%), Vitamin C: 2.12mg (2.57%)