Strawberry Bread

Vegetarian · Dairy Free · Popular

READY IN	SERVINGS	CALORIES
85 min.	16	297 kcal

BREAD

Ingredients

- [ ] 1 teaspoon baking soda
- [ ] 4 eggs beaten
- [ ] 3.1 cups flour all-purpose
- [ ] 1 tablespoon ground cinnamon
- [ ] 1.3 cups pecans chopped
- [ ] 1 teaspoon salt
- [ ] 2 cups strawberries fresh
- [ ] 1.3 cups vegetable oil

- [ ] 2 cups sugar white

Equipment

- [ ] bowl
- [ ] oven
- [ ] wire rack
- [ ] loaf pan

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C). Butter and flour two 9 x 5-inch loaf pans.
- [ ] Slice strawberries and place in medium-sized bowl.
- [ ] Sprinkle lightly with sugar, and set aside while preparing batter.
- [ ] Combine flour, sugar, cinnamon, salt and baking soda in large bowl; mix well. Blend oil and eggs into strawberries.
- [ ] Add strawberry mixture to flour mixture, blending until dry ingredients are just moistened. Stir in pecans. Divide batter into pans.
- [ ] Bake in preheated oven until a tester inserted in the center comes out clean, 45 to 50 minutes (test each loaf separately).
- [ ] Let cool in pans on wire rack for 10 minutes. Turn loaves out of pans, and allow to cool before slicing.

Nutrition Facts

PROTEIN **6.35%** FAT **32.42%** CARBS **61.23%**

Properties

Glycemic Index:12.51, Glycemic Load:31.38, Inflammation Score:-3, Nutrition Score:8.1204347921454%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg,

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Nutrients (% of daily need)

Calories: 296.8kcal (14.84%), Fat: 10.96g (16.87%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 44.48g (16.17%), Sugar: 26.29g (29.21%), Cholesterol: 40.92mg (13.64%), Sodium: 230.33mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Manganese: 0.71mg (35.55%), Selenium: 12.22µg (17.45%), Vitamin B1: 0.26mg (17.11%), Folate: 56.07µg (14.02%), Vitamin C: 10.7mg (12.97%), Vitamin B2: 0.19mg (11.23%), Iron: 1.67mg (9.28%), Fiber: 2.1g (8.41%), Vitamin B3: 1.63mg (8.13%), Copper: 0.16mg (7.87%), Phosphorus: 76.38mg (7.64%), Vitamin K: 7.22µg (6.88%), Magnesium: 19.64mg (4.91%), Zinc: 0.74mg (4.91%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.37mg (3.73%), Potassium: 106.44mg (3.04%), Vitamin B6: 0.06mg (2.83%), Calcium: 24.01mg (2.4%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 67.8IU (1.36%)