



Strawberry Bread

 Vegetarian  Dairy Free  Popular

READY IN

ready

85 min.

SERVINGS

servings

16

CALORIES

calories

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.

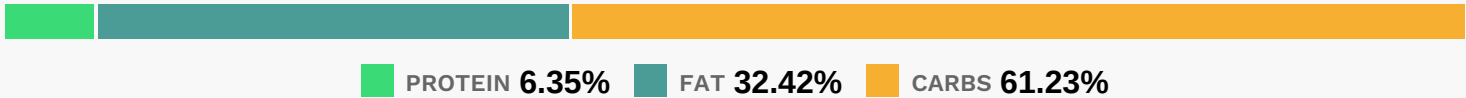
☐ Combine flour, sugar, cinnamon, salt and baking soda in large bowl; mix well. Blend oil and eggs into strawberries.

☐ 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



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,

Catechin: 1.18mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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: Og (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%)