

Strawberry Bread III

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



280 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup pecans chopped
- 10 ounce strawberries sweetened frozen thawed
- 0.5 cup vegetable oil

1 cup sugar white

Equipment

frying pan

mixing bowl

bread machine

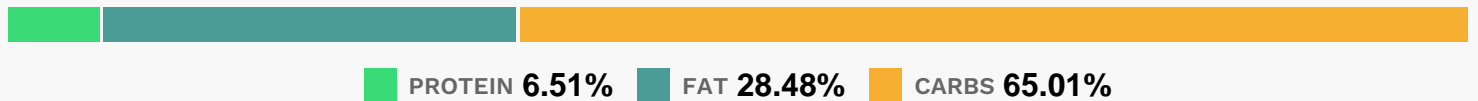
Directions

Drain the strawberries, reserving 1/4 cup of the juice. In a large mixing bowl stir together the oil, eggs, baking soda, baking powder, cinnamon, sugar and flour. Fold in the pecans, strawberries and 1/4 cup of their juice.

Pour the mixture into your bread machine pan and place it in the machine. Select the Quick Bread cycle and press Start.

Remove pan from bread maker and let cool completely before removing bread from pan.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:31.29, Inflammation Score:-3, Nutrition Score:8.4056521083998%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 280.24kcal (14.01%), Fat: 9.09g (13.99%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 44.64g (16.23%), Sugar: 27.06g (30.07%), Cholesterol: 40.92mg (13.64%), Sodium: 180.01mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Manganese: 0.63mg (31.46%), Vitamin C: 20.92mg (25.35%), Selenium: 11.88µg (16.97%), Vitamin B1: 0.24mg (16.13%), Folate: 58.07µg (14.52%), Vitamin B2: 0.19mg (11.03%), Iron: 1.65mg (9.16%), Fiber: 2.06g (8.25%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 80.03mg (8%), Copper: 0.14mg (7.13%), Vitamin K: 6.17µg (5.88%), Magnesium: 19.47mg (4.87%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.37mg (3.75%), Vitamin E: 0.55mg (3.69%), Calcium: 36.31mg (3.63%), Potassium: 123.5mg (3.53%), Vitamin B6: 0.06mg (3.01%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 67.84IU (1.36%)