



Strawberry Nut Bread



Vegetarian



Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



376 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 cups strawberries fresh sliced
- ☐ 1.3 cups vegetable oil
- ☐ 1 cup walnuts chopped

☐ 2 cups sugar white

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 2 9x5 inch loaf pans.
- ☐ Sift together the flour, baking soda, salt, ground cinnamon and sugar in a large mixing bowl. Make a well in the center. Beat together the eggs and oil and pour them into the well. Stir just enough to moisten the ingredients. Fold in the strawberries and nuts.
- ☐ Pour mixture into prepared pans; fill containers no more than half full.
- ☐ Bake in a preheated oven about 60 minutes or until a toothpick inserted in the center comes out clean. Cool 20 to 30 minutes before removing from pans. Move to a rack to cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:41.21, Inflammation Score:-4, Nutrition Score:10.053478427555%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 375.89kcal (18.79%), Fat: 12.78g (19.67%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 58.49g (21.27%), Sugar: 34.84g (38.72%), Cholesterol: 54.56mg (18.19%), Sodium: 210.37mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Manganese: 0.73mg (36.58%), Selenium: 15.89µg (22.7%), Folate: 79.43µg (19.86%), Vitamin B1: 0.29mg (19.35%), Vitamin C: 14.26mg (17.28%), Vitamin B2: 0.25mg (14.58%), Iron: 2.15mg (11.94%), Copper: 0.23mg (11.31%), Vitamin B3: 2.06mg (10.32%), Phosphorus: 102.61mg (10.26%), Vitamin K: 9.44µg (8.99%), Fiber: 2.24g (8.97%), Magnesium: 27.46mg (6.87%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.76mg (5.04%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.45mg (4.49%), Potassium: 136.24mg (3.89%), Calcium: 31.7mg (3.17%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Vitamin A: 85.5IU (1.71%)