



Strawberry Nut Bread



Vegetarian



Dairy Free

READY IN



200 min.

SERVINGS



24

CALORIES



194 kcal

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 cup nuts chopped
- ☐ 1 teaspoon salt
- ☐ 16 oz strawberries whole frozen thawed drained
- ☐ 2 cups sugar
- ☐ 1.3 cups vegetable oil

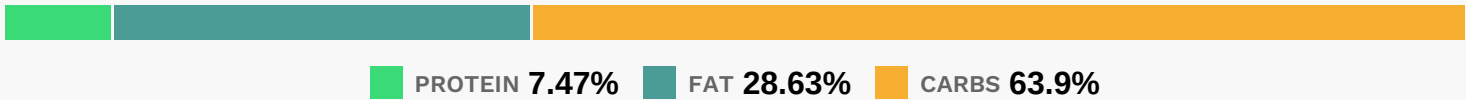
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottoms only of two 9x5- or 8x4-inch loaf pans with shortening; lightly flour.
- ☐ Slightly mash strawberries; set aside. In large bowl, mix sugar and oil. Stir in eggs until well blended. Stir in strawberries until well mixed. Stir in remaining ingredients except nuts just until moistened. Stir in nuts.
- ☐ Pour into pans.
- ☐ Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:9.16, Glycemic Load:20.99, Inflammation Score:-3, Nutrition Score:5.5165217700212%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-

gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg
Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg,
Epigallocatechin 3–gallate: 0.02mg 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, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg,
Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 193.91kcal (9.7%), Fat: 6.32g (9.73%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 31.75g (10.58%), Net
Carbohydrates: 30.28g (11.01%), Sugar: 17.63g (19.59%), Cholesterol: 27.28mg (9.09%), Sodium: 154.32mg (6.71%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Manganese: 0.34mg (17.12%), Vitamin C: 11.15mg
(13.51%), Selenium: 7.73µg (11.05%), Folate: 39.59µg (9.9%), Vitamin B1: 0.14mg (9.48%), Vitamin B2: 0.13mg (7.65%),
Iron: 1.18mg (6.57%), Vitamin B3: 1.29mg (6.43%), Phosphorus: 62.19mg (6.22%), Fiber: 1.47g (5.89%), Copper:
0.12mg (5.78%), Magnesium: 20.43mg (5.11%), Vitamin K: 4.74µg (4.51%), Zinc: 0.46mg (3.1%), Vitamin B5: 0.28mg
(2.78%), Potassium: 93.01mg (2.66%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.33mg (2.22%), Calcium: 16.41mg
(1.64%), Vitamin B12: 0.07µg (1.09%)