

# Taste of Home

## Streusel Rhubarb Bread

 Vegetarian

READY IN



80 min.

SERVINGS



16

CALORIES



233 kcal

BREAD

## Ingredients

- 1.5 cups brown sugar packed
- 0.5 cup canola oil
- 1 eggs
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 2.5 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt

- 1.5 cups rhubarb fresh frozen sliced chopped
- 0.5 cup walnut pieces chopped
- 0.5 cup sugar
- 0.3 teaspoon ground cinnamon
- 1 tablespoon butter cold

## Equipment

- bowl
- oven
- loaf pan
- toothpicks
- serrated knife

## Directions

- In a large bowl, combine brown sugar and oil. Beat in egg. Beat in buttermilk and vanilla.
- Combine the flour, baking soda and salt; stir into brown sugar mixture just until combined. Fold in rhubarb and nuts.
- Pour into two greased 8x4-in. loaf pans.
- For topping, in a small bowl, combine the sugar, cinnamon and butter until crumbly; sprinkle over batter.
- Bake at 350° for 60–65 minutes or until a toothpick inserted in the center comes out clean.
- Cool for 10 minutes before removing from pans to wire racks.
- Cut with a serrated knife.

## Nutrition Facts



## Properties

Glycemic Index:16.51, Glycemic Load:15.47, Inflammation Score:-2, Nutrition Score:5.1730435050052%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg

## **Nutrients (% of daily need)**

Calories: 232.52kcal (11.63%), Fat: 5.49g (8.44%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 42.2g (15.34%), Sugar: 27.29g (30.33%), Cholesterol: 13.76mg (4.59%), Sodium: 245.81mg (10.69%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.54g (7.08%), Manganese: 0.3mg (15.08%), Selenium: 8.62µg (12.32%), Vitamin B1: 0.18mg (11.75%), Folate: 42.4µg (10.6%), Vitamin B2: 0.15mg (8.56%), Iron: 1.24mg (6.91%), Vitamin B3: 1.27mg (6.34%), Phosphorus: 54.61mg (5.46%), Calcium: 52.96mg (5.3%), Copper: 0.1mg (5.25%), Vitamin K: 4.63µg (4.41%), Fiber: 0.99g (3.98%), Magnesium: 15.2mg (3.8%), Potassium: 122.31mg (3.49%), Vitamin E: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.36mg (2.42%), Vitamin D: 0.25µg (1.67%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 73.96IU (1.48%), Vitamin C: 0.96mg (1.17%)