



Sunday Brunch: Dorie Greenspan's Oatmeal Breakfast Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup milk whole
- ☐ 0.3 cup cooking oil such as canola or safflower
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 1 pinch ground cloves
- ☐ 0.3 cup brown sugar light packed ()
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 cup oats
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.3 cups apple sauce unsweetened
- ☐ 0.3 cup walnut pieces chopped
- ☐ 0.5 cup frangelico dark dried diced (or golden)
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Equipment

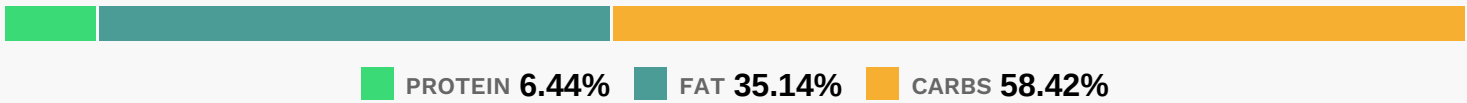
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ spatula

Directions

- ☐ Center a rack in oven; preheat to 350°F. Butter 9-by-5-inch loaf pan, dust with flour, and tap out excess. Put pan on a baking sheet.
- ☐ Make the topping: In a small bowl, use your fingers to toss together the sugar, nuts, and cinnamon until evenly mix. Set aside.
- ☐ Whisk together the eggs, applesauce, oil, and buttermilk until well blended. In a large bowl, whisk together the flour, sugar, baking powder, cinnamon, baking soda, salt, nutmeg, and cloves.

- ☐
- Remove 1/2 teaspoon of mix; toss it with the fruit to coat. Set aside. Stir the oats into the bowl.
- ☐
- Pour the liquid ingredients over the dry, and, using a large rubber spatula, stir just until everything is evenly moistened. Don't overdo the mixing. Scatter the dried fruit over batter and stir it to blend. Scrape batter into pan; sprinkle over topping, tamping it down lightly with fingers so it sticks.
- ☐
- Bake 55 to 65 minutes, or until the bread is browned and a thin knife inserted into center comes out clean.
- ☐
- Transfer bread to a cooling rack for about 5 minutes. Run a knife around the sides of pan and unmold. Invert and cool to room temperature right side up.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:17.73, Inflammation Score:-2, Nutrition Score:5.8386956129385%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 235.95kcal (11.8%), Fat: 9.42g (14.49%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 33.67g (12.24%), Sugar: 19.76g (21.96%), Cholesterol: 31.61mg (10.54%), Sodium: 211.93mg (9.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Manganese: 0.46mg (22.9%), Selenium: 9.35µg (13.36%), Vitamin B1: 0.15mg (10.31%), Vitamin E: 1.28mg (8.51%), Phosphorus: 84.42mg (8.44%), Folate: 33.15µg (8.29%), Vitamin B2: 0.13mg (7.86%), Iron: 1.27mg (7.08%), Fiber: 1.56g (6.22%), Calcium: 54.54mg (5.45%), Copper: 0.1mg (5.04%), Magnesium: 19.14mg (4.78%), Vitamin K: 4.89µg (4.66%), Vitamin B3: 0.91mg (4.56%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.31mg (3.1%), Potassium: 94.31mg (2.69%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.22µg (1.48%), Vitamin A: 61.52IU (1.23%)