



Sunshine Citrus Bread

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



193 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 teaspoon cinnamon
- 0.3 teaspoon ginger
- 1 cup pear puree (see instructions)
- 0.5 cup pecans chopped
- 0.3 cup raisins
- 0.8 teaspoon salt

- 0.8 cup non-dairy milk (or other non-dairy milk)
- 1 cup sugar
- 0.3 cup apple sauce unsweetened
- 2 cups flour whole wheat white

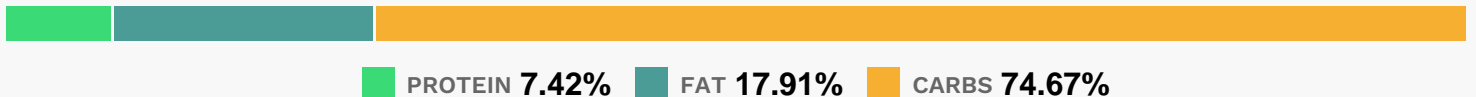
Equipment

- food processor
- oven
- mixing bowl
- loaf pan
- toothpicks

Directions

- Cut about 12 calamondins in half and remove the seeds.
- Place about 1 1/2 to 2 cups of kumquats into food processor and pulse to chop completely. Measure out 1 cup of puree and reserve the rest for another use. For oranges or tangerines: Peel 2 large or 3 medium oranges or tangerines and cut them into quarters.
- Remove seeds, if necessary, and place the fruit into a food processor. Pulse to chop completely. Measure out 1 cup of puree and reserve the rest for another use. Grate or chop 2 tablespoons of the peel, and add it to the recipe along with the cup of puree. Preheat the oven to 350 F and oil or spray one large (9 X5X3-inch) or two medium loaf pans. In a large mixing bowl, combine the puree, sugar, soymilk, and apple sauce. In another bowl, combine the remaining dry ingredients and mix well. Slowly add the dry ingredients to the wet, and stir just until all the flour is moistened. Do not over-stir.
- Pour into the prepared loaf pan(s) and bake until a toothpick inserted in the middle comes out clean, about 50-60 minutes for one large pan, less time for smaller pans.
- Remove from the oven and allow to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:14.64, Inflammation Score:-3, Nutrition Score:4.2017391090808%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 193.03kcal (9.65%), Fat: 4.05g (6.24%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 34.9g (12.69%), Sugar: 20.58g (22.86%), Cholesterol: 0mg (0%), Sodium: 280.59mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Fiber: 3.14g (12.57%), Manganese: 0.24mg (12.14%), Vitamin C: 9.07mg (10.99%), Calcium: 61.23mg (6.12%), Vitamin A: 292.16IU (5.84%), Copper: 0.11mg (5.42%), Iron: 0.83mg (4.63%), Vitamin E: 0.64mg (4.24%), Vitamin B6: 0.08mg (3.82%), Folate: 15.11µg (3.78%), Potassium: 126.76mg (3.62%), Vitamin B3: 0.72mg (3.6%), Vitamin B1: 0.05mg (3.32%), Vitamin B2: 0.05mg (3.15%), Vitamin B12: 0.16µg (2.65%), Phosphorus: 25.45mg (2.54%), Magnesium: 8.84mg (2.21%), Zinc: 0.27mg (1.81%), Vitamin D: 0.18µg (1.18%), Selenium: 0.78µg (1.11%), Vitamin K: 1.1µg (1.05%)