



Sweet Moist Apple Bread

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



245 kcal

BREAD

Ingredients

- ☐ 1 apples shredded peeled
- ☐ 2 apples peeled chopped
- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter cold
- ☐ 0.3 cup buttermilk
- ☐ 2 eggs

- ☐ 0.3 cup flour all-purpose
- ☐ 2 pinches ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 tablespoons rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup granular sucrose sweetener splenda® (such as)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 2 tablespoons sugar white

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan.
- ☐ Beat 1/2 cup softened butter with 1/2 cup white sugar and sucralose sweetener in a bowl until creamy. Beat in eggs, applesauce, vanilla extract, 1/2 teaspoon cinnamon, nutmeg, and allspice until smooth.
- ☐ Mix 2 cups flour, baking soda, and salt together in a separate bowl; stir into butter mixture, alternating with buttermilk until just combined. Fold in chopped and shredded apples and walnuts.
- ☐ Pour batter into the prepared loaf pan.
- ☐ Mix 1/3 cup flour, rolled oats, 2 tablespoons white sugar, brown sugar, and 1/2 teaspoon cinnamon together in a bowl; cut in 3 tablespoons cold butter until mixture is crumbly.

- ☐ Sprinkle topping over batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, 55 to 60 minutes. Cool in pan for 10 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:73.35, Glycemic Load:10.76, Inflammation Score:-4, Nutrition Score:6.8265217905459%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.95mg, Epicatechin: 7.95mg, Epicatechin: 7.95mg, Epicatechin: 7.95mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 245.34kcal (12.27%), Fat: 12.23g (18.81%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 32.14g (11.69%), Sugar: 24.26g (26.95%), Cholesterol: 71.08mg (23.69%), Sodium: 362.36mg (15.75%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 4.62g (9.24%), Manganese: 0.43mg (21.59%), Fiber: 3.43g (13.71%), Selenium: 8.47µg (12.1%), Vitamin B2: 0.17mg (10.06%), Phosphorus: 92.31mg (9.23%), Copper: 0.17mg (8.6%), Vitamin B1: 0.12mg (8.01%), Folate: 31.13µg (7.78%), Vitamin A: 334.93IU (6.7%), Magnesium: 24.25mg (6.06%), Iron: 1.09mg (6.05%), Potassium: 206.86mg (5.91%), Vitamin B6: 0.12mg (5.79%), Vitamin C: 4.62mg (5.59%), Calcium: 47.63mg (4.76%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.62mg (4.16%), Vitamin E: 0.58mg (3.89%), Vitamin B12: 0.2µg (3.4%), Vitamin B3: 0.65mg (3.26%), Vitamin D: 0.47µg (3.11%), Vitamin K: 2.97µg (2.82%)