



Sweet Potato Bread

 Vegetarian

READY IN



65 min.

SERVINGS



14

CALORIES



173 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 4 ounces sweet potatoes and into shredded packed peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

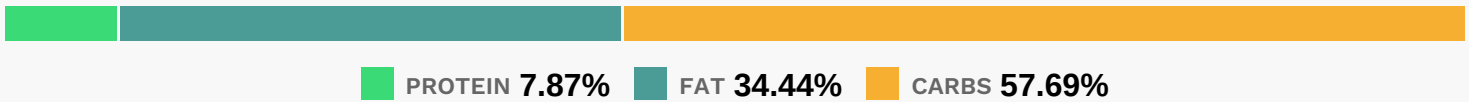
Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (through cloves) in a large bowl, stirring well with a whisk.
- ☐ Combine yogurt, sugar, oil, and eggs.
- ☐ Add yogurt mixture to flour mixture, stirring just until moist. Gently fold in sweet potato, raisins, and pecans.

- ☐
- Scrape batter into a 9 x 5-inch metal loaf pan coated with baking spray.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:31.35, Glycemic Load:14.8, Inflammation Score:-7, Nutrition Score:5.6626086623772%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 6.77g (10.41%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 24.32g (8.85%), Sugar: 10.68g (11.86%), Cholesterol: 26.93mg (8.98%), Sodium: 162.56mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin A: 1189.96IU (23.8%), Manganese: 0.28mg (13.91%), Selenium: 7.68µg (10.97%), Vitamin B1: 0.14mg (9.14%), Vitamin B2: 0.14mg (7.97%), Folate: 29.98µg (7.5%), Phosphorus: 64.62mg (6.46%), Iron: 1.04mg (5.78%), Vitamin E: 0.85mg (5.64%), Calcium: 54.56mg (5.46%), Fiber: 1.19g (4.75%), Vitamin B3: 0.93mg (4.64%), Copper: 0.08mg (4.06%), Vitamin K: 3.22µg (3.07%), Potassium: 102.04mg (2.92%), Vitamin B5: 0.28mg (2.81%), Magnesium: 11.15mg (2.79%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.11µg (1.89%)