



Sweet Potato Bread I



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sweet potatoes cooked mashed

- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1.5 cups sugar white

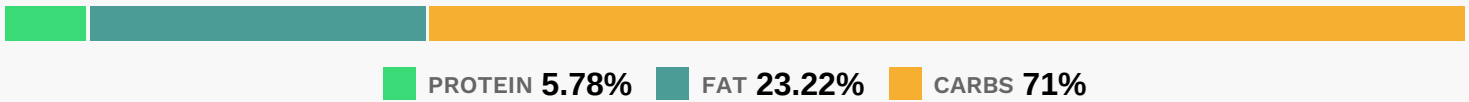
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Combine sugar and oil; beat well.
- ☐ Add eggs and beat.
- ☐ Combine flour, baking soda, salt, cinnamon and nutmeg. Stir flour mixture into egg mixture alternately with water. Stir in sweet potatoes and chopped nuts.
- ☐ Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans).
- ☐ Bake at 350 degrees F (175 degrees C) for about one hour.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:57.31, Inflammation Score:-9, Nutrition Score:12.797391124394%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 461.42kcal (23.07%), Fat: 12.16g (18.71%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 83.67g (27.89%), Net Carbohydrates: 81.02g (29.46%), Sugar: 51.39g (57.1%), Cholesterol: 54.56mg (18.19%), Sodium: 314.24mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin A: 3229.73IU (64.59%),

Manganese: 0.75mg (37.74%), Selenium: 17.65µg (25.21%), Vitamin B1: 0.37mg (24.66%), Folate: 78.19µg (19.55%), Vitamin B2: 0.28mg (16.6%), Iron: 2.36mg (13.1%), Vitamin B3: 2.4mg (11.99%), Copper: 0.21mg (10.67%), Fiber: 2.64g (10.58%), Phosphorus: 104.46mg (10.45%), Vitamin K: 7.6µg (7.24%), Magnesium: 26.85mg (6.71%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.94mg (6.24%), Vitamin B6: 0.11mg (5.35%), Potassium: 173.52mg (4.96%), Vitamin E: 0.66mg (4.41%), Calcium: 29.62mg (2.96%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)