



## Sweet Potato Bread with Flaxseed and Honey

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



149 kcal

BREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 3 tablespoons butter softened
- 1 large eggs
- 1 large egg whites
- 0.3 cup flaxseeds
- 2 cups flour all-purpose

- 0.3 cup honey
- 0.3 teaspoon salt
- 1 cup sweet potatoes and into cooked mashed

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- plastic wrap
- loaf pan
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 35
- Place flaxseed in a clean coffee grinder or blender; process until coarsely ground. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flaxseed, flour, baking powder, baking soda, and salt in a large bowl; make a well in center of mixture. Beat cream cheese and the next 5 ingredients (cream cheese through egg white); stir in sweet potato.
- Add to the flour mixture, stirring just until moist.
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.
- Note: To freeze bread for up to 1 month, place in an airtight container, or wrap in heavy-duty plastic wrap or foil. Thaw at room temperature.

## Nutrition Facts

PROTEIN 8.02% FAT 24.05% CARBS 67.93%

## Properties

Glycemic Index:22.45, Glycemic Load:11.81, Inflammation Score:-7, Nutrition Score:5.4369565261447%

## Nutrients (% of daily need)

Calories: 149.44kcal (7.47%), Fat: 4.06g (6.25%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 24.19g (8.8%), Sugar: 11.49g (12.77%), Cholesterol: 17.27mg (5.76%), Sodium: 129.85mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin A: 1261.77IU (25.24%), Vitamin B1: 0.19mg (12.53%), Manganese: 0.22mg (11.24%), Selenium: 7.76µg (11.09%), Folate: 34.36µg (8.59%), Vitamin B2: 0.11mg (6.71%), Fiber: 1.64g (6.55%), Iron: 1.13mg (6.29%), Phosphorus: 56.34mg (5.63%), Vitamin B3: 1.1mg (5.48%), Magnesium: 20.68mg (5.17%), Copper: 0.09mg (4.28%), Calcium: 37.02mg (3.7%), Potassium: 93.45mg (2.67%), Vitamin B6: 0.05mg (2.52%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.34mg (2.29%)