



Sweet Potato-Pineapple Breakfast Bread

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup brown sugar light packed
- ☐ 1 teaspoon orange zest grated
- ☐ 8 ounce dole pineapple tidbits drained canned

- ☐ 0.3 teaspoon salt
- ☐ 15 ounce sweet potatoes mashed canned
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup milk whole

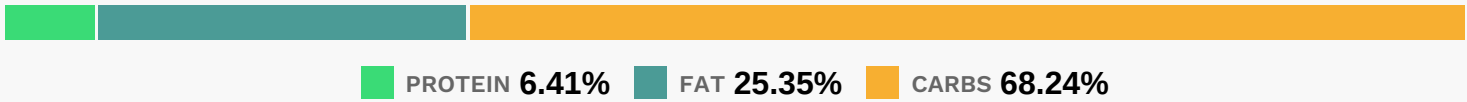
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray.
- ☐ Beat 1 cup flour, sweet potatoes, brown sugar, milk, vegetable oil, eggs, baking powder, cinnamon, orange zest, salt, and baking soda together in a bowl using an electric mixer until batter is smooth, about 2 minutes. Stir remaining 1 cup flour into batter; fold in pineapple.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in the preheated oven until a knife inserted in the center of the bread comes out clean, 55 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:23.18, Inflammation Score:-10, Nutrition Score:15.180434620899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 389.95kcal (19.5%), Fat: 11.13g (17.12%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 64.44g (23.43%), Sugar: 33.81g (37.57%), Cholesterol: 48.33mg (16.11%), Sodium: 327.29mg (14.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin A: 7649.32IU (152.99%), Selenium: 15.5µg (22.14%), Vitamin B1: 0.33mg (21.97%), Manganese: 0.42mg (20.8%), Folate: 70.69µg (17.67%), Vitamin K: 18.11µg (17.25%), Calcium: 164.85mg (16.48%), Vitamin B2: 0.27mg (15.96%), Iron: 2.46mg (13.66%), Phosphorus: 135.05mg (13.5%), Fiber: 2.97g (11.88%), Vitamin B3: 2.28mg (11.41%), Vitamin B6: 0.19mg (9.44%), Potassium: 326.35mg (9.32%), Copper: 0.18mg (8.95%), Vitamin B5: 0.85mg (8.49%), Magnesium: 30.83mg (7.71%), Vitamin E: 1.05mg (7.01%), Vitamin C: 4.29mg (5.2%), Zinc: 0.64mg (4.29%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.42µg (2.79%)