



Sweet Potato-Streusel Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons butter
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.7 cup orange juice fresh
- ☐ 0.3 cup pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 12 ounces sweet potatoes and into
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup flour whole wheat

Equipment

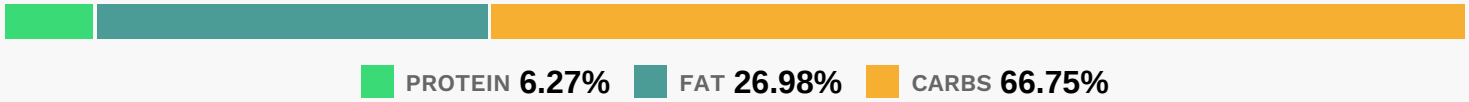
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Pierce potato with a fork; place on a paper towel in microwave oven. Microwave at high 7 minutes, turning after 4 minutes. Wrap potato in paper towel; let stand 5 minutes. Peel potato; mash to measure 1 cup.
- ☐ Place butter in a small microwave-safe bowl. Microwave at medium 20 seconds or until soft. Stir in pecans and 2 tablespoons sugar.
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine all-purpose flour and next 6 ingredients (all-purpose flour through nutmeg) in a large bowl, stirring with a whisk.
- ☐ Add mashed sweet potato, juice, oil, and egg, stirring until well blended.

- ☐
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Drop pecan mixture by spoonfuls over top of loaf; gently press into batter.
- ☐
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack.
- ☐
- Remove from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:9.27, Inflammation Score:-9, Nutrition Score:8.124782629635%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.15kcal (8.56%), Fat: 5.24g (8.06%), Saturated Fat: 1g (6.23%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 27.51g (10%), Sugar: 13.38g (14.86%), Cholesterol: 12.97mg (4.32%), Sodium: 185.9mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin A: 3071.63IU (61.43%), Manganese: 0.42mg (21.12%), Selenium: 7.63µg (10.9%), Vitamin B1: 0.15mg (10.21%), Folate: 30.67µg (7.67%), Vitamin C: 5.71mg (6.92%), Fiber: 1.67g (6.67%), Phosphorus: 62mg (6.2%), Iron: 1.09mg (6.07%), Vitamin B2: 0.1mg (5.74%), Calcium: 54.6mg (5.46%), Vitamin B3: 1.08mg (5.41%), Copper: 0.1mg (5.24%), Vitamin K: 5.36µg (5.11%), Magnesium: 18.64mg (4.66%), Potassium: 148.73mg (4.25%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.4mg (2.66%), Vitamin E: 0.38mg (2.56%)