



## Toasted Pecan Date Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



248 kcal

BREAD

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup california dates good
- ☐ 1 large eggs
- ☐ 0.8 cup evaporated cane juice crystals
- ☐ 7.8 ounces flour all-purpose
- ☐ 1 cup pecans
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon butter unsalted

- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup water boiling

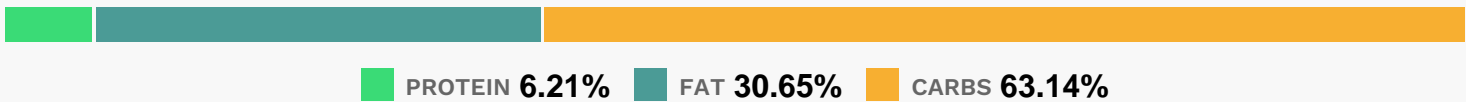
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

## Directions

- ☐ Spread the pecans on a baking sheet and toast at 350 degrees F for about 7 minutes.
- ☐ Let cool, and then chop.Reduce the heat of the oven to 325 degrees F. Grease and flour a standard size loaf pan – mine is about 8 1/2 by 4 1/2, but a slightly wider one would be okay too.
- ☐ Put the dates, boiling water and butter in a large mixing bowl and stir well. Stir in the vanilla.In a second bowl, thoroughly stir together your flour, baking powder, salt and sugar.With a spoon, gradually stir the flour mixture into the date mixture until it is well-mixed, but do be careful not to overbeat. Stir in the egg. When egg is incorporated, stir in the toasted pecans.
- ☐ Transfer to the loaf pan.
- ☐ Bake on center rack of oven at 325 F for 50 minutes to 1 hour. Mine took one hour, but if you use a wider loaf pan the bread might be done a little bit sooner.
- ☐ Let cool in pan for about half an hour, then turn from pan and let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:22.9, Glycemic Load:16.19, Inflammation Score:-3, Nutrition Score:6.7747826368912%

## Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 248.49kcal (12.42%), Fat: 9g (13.84%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.29g (14.29%), Sugar: 22.51g (25.01%), Cholesterol: 21.61mg (7.2%), Sodium: 283.79mg (12.34%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 4.1g (8.21%), Manganese: 0.63mg (31.41%), Vitamin B1: 0.25mg (16.45%), Selenium: 9.75µg (13.93%), Folate: 47.13µg (11.78%), Fiber: 2.43g (9.72%), Copper: 0.18mg (9.03%), Vitamin B2: 0.15mg (9.01%), Iron: 1.52mg (8.46%), Vitamin B3: 1.57mg (7.84%), Phosphorus: 77.16mg (7.72%), Magnesium: 22.55mg (5.64%), Zinc: 0.7mg (4.69%), Potassium: 149.48mg (4.27%), Calcium: 41.91mg (4.19%), Vitamin B5: 0.33mg (3.26%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.24mg (1.62%), Vitamin A: 68.63IU (1.37%)