

Tomato Bread II

READY IN



75 min.

SERVINGS



8

CALORIES



336 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 1.3 cups buttermilk
- 2 eggs
- 2.5 cups flour all-purpose
- 2 teaspoons rosemary fresh
- 2 cloves garlic
- 1 bunch green onion chopped
- 0.8 teaspoon coarsely ground pepper black
- 0.3 cup pinenuts

- 5 ounces provolone cheese shredded
- 1.3 teaspoons salt
- 2 tablespoons shortening
- 0.3 cup sun-dried tomatoes diced packed in oil, drained and
- 2 tablespoons sugar white

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a small sauce pan, cover the unpeeled garlic cloves with water. Bring to a boil and cook garlic cloves for 15 minutes; drain, cool, mash and set aside.
- Place the pine nuts on a baking sheet and toast at 350 degrees F (175 degrees C) until golden, about 10 minutes; cool and set aside.
- In a large mixing bowl, sift together the flour, salt and baking powder.
- Add the chopped sun-dried tomatoes, green onions, shredded Provolone, rosemary, black pepper and toasted pine nuts.
- In a medium mixing bowl, cream together the shortening and the sugar.
- Mix in the eggs, mashed garlic, reserved oil from the tomatoes and buttermilk.
- Add the shortening/buttermilk mixture to the flour mixture and stir well to combine.
- Pour the batter into the prepared loaf pan.

Bake for 45 to 50 minutes in the preheated oven, or until a toothpick inserted into the center of the loaf comes out clean. Cool in the pan for 5 minutes and then turn onto a wire rack to cool completely.

Nutrition Facts

 **PROTEIN 14.98%**  **FAT 38.73%**  **CARBS 46.29%**

Properties

Glycemic Index:52.39, Glycemic Load:25.32, Inflammation Score:-5, Nutrition Score:14.583913036015%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 335.99kcal (16.8%), Fat: 14.59g (22.45%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 37.28g (13.56%), Sugar: 7.07g (7.86%), Cholesterol: 57.27mg (19.09%), Sodium: 659.77mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Manganese: 0.9mg (44.76%), Selenium: 21.02µg (30.03%), Calcium: 258.51mg (25.85%), Phosphorus: 256.87mg (25.69%), Vitamin B1: 0.38mg (25.38%), Vitamin B2: 0.4mg (23.76%), Folate: 87.33µg (21.83%), Iron: 3.03mg (16.83%), Vitamin B3: 3.06mg (15.3%), Vitamin K: 13.89µg (13.23%), Copper: 0.23mg (11.27%), Magnesium: 43.05mg (10.76%), Zinc: 1.61mg (10.72%), Potassium: 337.12mg (9.63%), Vitamin B12: 0.53µg (8.82%), Fiber: 1.97g (7.89%), Vitamin B5: 0.71mg (7.11%), Vitamin A: 350.62IU (7.01%), Vitamin E: 0.95mg (6.31%), Vitamin D: 0.8µg (5.31%), Vitamin B6: 0.09mg (4.73%), Vitamin C: 2.65mg (3.21%)