

Walnut-Date Quick Bread

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 3 tablespoons butter softened
- 1 cup dates chopped
- 1 eggs
- 1.8 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup walnut pieces chopped

1 cup water boiling

Equipment

bowl

oven

wire rack

loaf pan

toothpicks

Directions

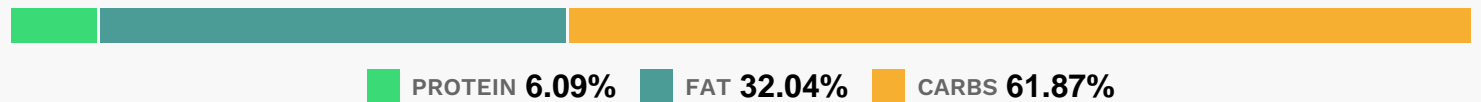
In a small bowl, combine the dates and water; let stand for 15 minutes (do not drain). In a bowl, cream butter and brown sugar; add egg and mix well.

Combine flour, baking soda and salt; add to the creamed mixture alternately with dates and liquid. Stir in walnuts.

Pour into a greased 8-in. x 4-in. loaf pan.

Bake at 350° for 60–65 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:10.85, Inflammation Score:-2, Nutrition Score:4.648260862931%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 198.5kcal (9.93%), Fat: 7.33g (11.27%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.24g (11%), Sugar: 19.4g (21.56%), Cholesterol: 15.87mg (5.29%), Sodium: 130.71mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Manganese: 0.38mg (18.83%), Vitamin B1: 0.14mg (9.22%), Selenium: 6.3µg (9.01%), Folate: 35.44µg (8.86%), Copper: 0.17mg (8.29%), Fiber: 1.59g (6.38%), Iron:

1.09mg (6.04%), Vitamin B2: 0.1mg (5.77%), Phosphorus: 52.39mg (5.24%), Vitamin B3: 1.02mg (5.12%), Magnesium: 20.28mg (5.07%), Potassium: 129.87mg (3.71%), Vitamin B6: 0.07mg (3.54%), Calcium: 26.85mg (2.68%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.22mg (2.19%), Vitamin A: 82.83IU (1.66%), Vitamin E: 0.15mg (1.03%)