



Walnut Streusel Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



186 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 5 tablespoons butter softened
- ☐ 3 large eggs
- ☐ 1 cup buttermilk fat-free
- ☐ 1 tablespoon flour all-purpose

- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup old-fashioned rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons walnuts chopped

Equipment

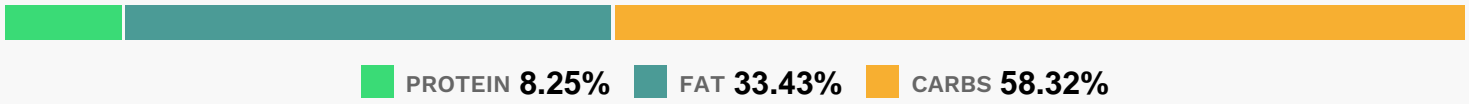
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare streusel, combine first 5 ingredients in a medium bowl.
- ☐ Add 2 tablespoons melted butter, stirring until well combined. Stir in nuts. Set aside.
- ☐ To prepare bread, weigh or lightly spoon 9 ounces flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, baking powder, and 1/2 teaspoon salt in a bowl, stirring well with a whisk.

- ☐
- Combine 5 tablespoons butter and granulated sugar in a large bowl; beat with a mixer at medium-high speed until well blended.
- ☐
- Add eggs, 1 at a time, beating well after each addition; beat in vanilla. Beating at low speed, add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat just until combined. Scrape half of batter into a 9 x 5-inch loaf pan coated with baking spray; sprinkle with half of streusel mixture.
- ☐
- Spread remaining batter over streusel; swirl.
- ☐
- Sprinkle remaining streusel on top of batter.
- ☐
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool 10 minutes in pan on a wire rack.
- ☐
- Remove from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:15.14, Inflammation Score:-2, Nutrition Score:4.1108695547218%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 186.46kcal (9.32%), Fat: 6.97g (10.72%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.65g (9.69%), Sugar: 13.67g (15.18%), Cholesterol: 48.34mg (16.11%), Sodium: 190.68mg (8.29%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.87g (7.74%), Selenium: 9.05µg (12.93%), Manganese: 0.23mg (11.29%), Vitamin B1: 0.14mg (9.5%), Folate: 35.85µg (8.96%), Vitamin B2: 0.13mg (7.69%), Iron: 1.07mg (5.97%), Phosphorus: 51.62mg (5.16%), Vitamin B3: 1mg (5%), Vitamin A: 204.03IU (4.08%), Copper: 0.06mg (2.97%), Fiber: 0.71g (2.82%), Vitamin B5: 0.25mg (2.53%), Calcium: 24.78mg (2.48%), Magnesium: 9.59mg (2.4%), Zinc: 0.34mg (2.28%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.09µg (1.56%), Potassium: 50.06mg (1.43%), Vitamin D: 0.19µg (1.25%)