



Winter Squash Chai Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 lb butter at room temperature
- 0.5 cup chai concentrate
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cardamom black
- 2 teaspoons ground cinnamon

Glycemic Index:31.71, Glycemic Load:21.08, Inflammation Score:-9, Nutrition Score:10.362173883811%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 277.14kcal (13.86%), Fat: 14.28g (21.97%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 31.62g (11.5%), Sugar: 10.82g (12.03%), Cholesterol: 61.58mg (20.53%), Sodium: 577.71mg (25.12%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 5.09g (10.19%), Vitamin A: 2854.74IU (57.09%), Manganese: 0.58mg (28.84%), Selenium: 12.14µg (17.35%), Vitamin B1: 0.24mg (16.32%), Folate: 63.54µg (15.88%), Vitamin B2: 0.19mg (11.23%), Iron: 1.83mg (10.14%), Phosphorus: 95.73mg (9.57%), Vitamin B3: 1.85mg (9.23%), Calcium: 81.24mg (8.12%), Copper: 0.16mg (7.88%), Fiber: 1.8g (7.2%), Magnesium: 25.44mg (6.36%), Vitamin C: 5.08mg (6.16%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.1mg (4.87%), Potassium: 161.09mg (4.6%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.51µg (1.44%), Vitamin D: 0.2µg (1.33%)