



Yummy Applesauce Bread

 Vegetarian  Vegan  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



514 kcal

BREAD

Ingredients

- 1 cup apple sauce
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1.5 tablespoons cider vinegar
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg

- 0.7 cup pecans
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup water

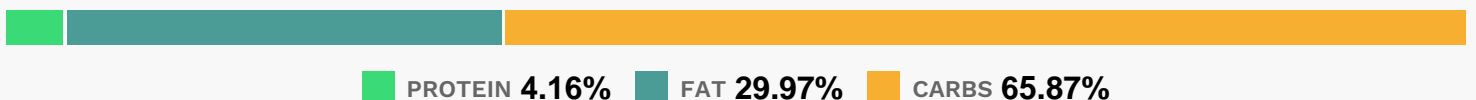
Equipment

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

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x5-inch loaf pan.
- Spread pecans in a single layer on a baking sheet.
- Bake pecans in the preheated oven until golden, 5 to 7 minutes.
- Remove pecans from oven and reduce oven temperature to 350 degrees F (175 degrees C).
- Mix flour, brown sugar, cinnamon, baking soda, baking powder, nutmeg, and salt together in a large bowl. Stir applesauce, water, vegetable oil, and vinegar together in a separate bowl. Stir applesauce mixture into flour mixture until just combined; fold in pecans.
- Pour batter into the prepared loaf pan.
- Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, 50 to 60 minutes. Cool bread in the pan for 10 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:23.19, Inflammation Score:-4, Nutrition Score:10.886956498675%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 514.32kcal (25.72%), Fat: 17.52g (26.96%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 86.63g (28.88%), Net Carbohydrates: 83.61g (30.4%), Sugar: 51.87g (57.63%), Cholesterol: 0mg (0%), Sodium: 427.63mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Manganese: 0.95mg (47.59%), Vitamin B1: 0.41mg (27.4%), Selenium: 15.28µg (21.83%), Folate: 80.55µg (20.14%), Vitamin K: 17.63µg (16.79%), Iron: 2.76mg (15.34%), Vitamin B2: 0.23mg (13.69%), Vitamin B3: 2.69mg (13.44%), Fiber: 3.02g (12.07%), Copper: 0.23mg (11.6%), Phosphorus: 87.84mg (8.78%), Calcium: 83.41mg (8.34%), Magnesium: 29.18mg (7.3%), Vitamin E: 1mg (6.68%), Zinc: 0.84mg (5.57%), Potassium: 191.1mg (5.46%), Vitamin B6: 0.07mg (3.69%), Vitamin B5: 0.36mg (3.61%)