

# Spiced Apple-Cinnamon Bread

*Mott's Applesauce*  
*www.dashrecipes.com*

*1 tablespoon packed light brown sugar*  
*1 cup unsweetened applesauce*  
*1 cup packed light brown sugar*  
*4 tablespoons unsalted butter*  
*2 large eggs*  
*1 teaspoon vanilla*  
*1 cup all-purpose flour*  
*1 teaspoon baking soda*  
*1/2 teaspoon baking powder*  
*2 teaspoons cinnamon*  
*1/2 teaspoon nutmeg*  
*1/2 teaspoon salt*  
*1 apple, peeled, cored and chopped*  
*1/2 cup raisins*

## **Bake: 1 hour 15 minutes**

Preheat the oven to 350 degrees.

Mist a 8-1/2-inch by 5-inch loaf pan with cooking spray. Dust the pan with flour. Sprinkle the pan bottom with one tablespoon of brown sugar.

In a large bowl, whisk together the applesauce, one cup of brown sugar, butter, eggs and vanilla.

In a separate medium bowl, whisk together the flour, baking soda, baking powder, cinnamon, nutmeg and salt. Stir into the applesauce mixture until just combined.

Fold in the apple and raisins. Pour the batter into the prepared pan.

Bake until a toothpick inserted in the center comes out clean, about one hour and 15 minutes.

Cool for 30 minutes on a wire rack. Remove from the pan.

Start to Finish Time: 2 hours

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Per Serving (excluding unknown items): 2324 Calories; 59g Fat (22.1% calories from fat); 29g Protein; 436g Carbohydrate; 16g Dietary Fiber; 548mg Cholesterol; 2823mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 7 Fruit; 10 Fat; 15 Other Carbohydrates.

Bread and Muffins

## **Per Serving Nutritional Analysis**

Calories (kcal):	2324
% Calories from Fat:	22.1%
% Calories from Carbohydrates:	73.0%
% Calories from Protein:	4.9%
Total Fat (g):	59g
Saturated Fat (g):	32g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	548mg
Carbohydrate (g):	436g
Dietary Fiber (g):	16g
Protein (g):	29g
Sodium (mg):	2823mg
Potassium (mg):	2005mg
Calcium (mg):	535mg
Iron (mg):	16mg
Zinc (mg):	3mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	2385IU
Vitamin A (r.e.):	584RE

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	254mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	7
Non-Fat Milk:	0
Fat:	10
Other Carbohydrates:	15

## Nutrition Facts

### Amount Per Serving

Calories 2324                      Calories from Fat: 514

### % Daily Values\*

<b>Total Fat</b> 59g	90%
Saturated Fat 32g	162%
<b>Cholesterol</b> 548mg	183%
<b>Sodium</b> 2823mg	118%
<b>Total Carbohydrates</b> 436g	145%
Dietary Fiber 16g	62%
<b>Protein</b> 29g	
<b>Vitamin A</b>	48%
<b>Vitamin C</b>	24%
<b>Calcium</b>	54%
<b>Iron</b>	90%

\* Percent Daily Values are based on a 2000 calorie diet.