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Cactus Bread ♦♦

Cactus Bread is a delicious dessert that originated in the southwestern United States. It is a sweet bread made with cactus fruit, also known as prickly pear. The bread has a soft and moist texture with a slightly tangy flavor. It is often enjoyed as a dessert or a snack.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	cactus fruit
200 g	flour
150 g	sugar
100 g	butter
2 pieces	Eggs

2 tsp	baking powder
1 tsp	vanilla extract
0.5 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a loaf pan with butter.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, mash the cactus fruit until smooth. Add the eggs, melted butter, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Gradually add the wet ingredients to the dry ingredients. Mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Pour the batter into the greased loaf pan. Smooth the top with a spatula.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 40 minutes or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 40 mins

Step 7

Cooling

Remove from the oven and let cool in the pan for 10 minutes. Transfer to a wire rack to cool completely.

Prep Time: 10 mins

Cook Time: 0 mins

Step 8

Serving

Slice and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Thanksgiving

Bridal Shower

Picnic

Cuisines

Italian

Nutritional Content

High Fiber

Course

Breads

Salads

Desserts

Sauces & Dressings

Cultural

Hanukkah

Halloween

Cost

Under \$10

Demographics

Pregnancy Safe

Diabetic Friendly

Heart Healthy

Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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