



Apricot Orange Bread

READY IN



70 min.

SERVINGS



8

CALORIES



427 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter softened
- 1.5 cups apricot dried chopped
- 1 eggs
- 2 cups flour all-purpose
- 2 tablespoons milk
- 0.5 cup orange juice
- 0.5 teaspoon salt

- 0.5 cup semi chocolate chips
- 0.5 cup walnut pieces chopped
- 0.8 cup granulated sugar white

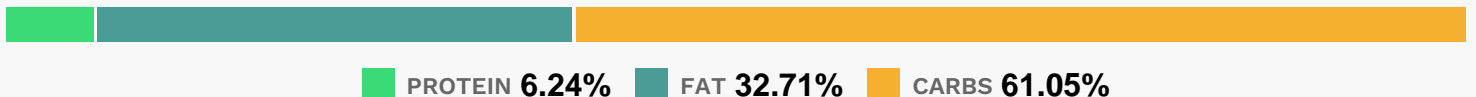
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. Sift together flour, baking powder, salt and baking soda, set aside.
- In a large bowl, cream together the butter or margarine and sugar until light and fluffy.
- Add the orange juice, milk and egg; beat well. Gradually blend in the flour mixture. Stir in the apricots, chocolate chips and walnuts.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 50 to 55 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:47.56, Glycemic Load:36.21, Inflammation Score:-8, Nutrition Score:12.752173822859%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 426.53kcal (21.33%), Fat: 15.95g (24.54%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 62.94g (22.89%), Sugar: 37.64g (41.82%), Cholesterol: 21.58mg (7.2%), Sodium: 419.35mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 6.84g (13.69%), Manganese: 0.67mg (33.71%), Vitamin A: 1206.08IU (24.12%), Selenium: 14.32µg (20.46%), Copper: 0.4mg (19.88%), Vitamin B1: 0.3mg (19.76%), Folate: 74.1µg (18.52%), Iron: 3.33mg (18.47%), Fiber: 4.05g (16.19%), Phosphorus: 157.42mg (15.74%), Vitamin B3: 2.72mg (13.62%), Vitamin B2: 0.23mg (13.53%), Calcium: 132.18mg (13.22%), Potassium: 460.12mg (13.15%), Magnesium: 49.47mg (12.37%), Vitamin E: 1.48mg (9.85%), Vitamin C: 8.1mg (9.82%), Zinc: 0.93mg (6.23%), Vitamin B6: 0.11mg (5.51%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.1µg (1.61%), Vitamin D: 0.15µg (1.01%)