



Blueberry Honey Nut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1.8 cups blueberries fresh frozen (or , depending on season)
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs room temperature
- ☐ 11.3 oz flour all-purpose
- ☐ 5 tablespoons granulated sugar
- ☐ 0.3 cup honey
- ☐ 1.5 teaspoons lemon zest

- ☐ 0.8 teaspoon salt
- ☐ 8 tablespoons butter unsalted room temperature
- ☐ 0.3 teaspoon vanilla
- ☐ 0.7 cup walnuts toasted
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 9×5 inch loaf pan (mine was slightly smaller) with flour-added cooking spray. In a bowl, stir together the flour, cinnamon, baking powder and salt. Set aside. In the bowl of a stand mixer or in a large mixing bowl using a hand-held mixer, beat the butter and sugar until creamy. Beat in the lemon zest and vanilla, then beat in the honey and the water. At this point the mixture should look kind of curdled and strange. Continue beating and scraping sides of the bowl, then beat in the eggs, one by one until mixed. By hand, gradually add the flour mixture stirring until it's mixed (If you're using a stand mixer with a paddle, you can do this with the paddle set on low, but I wouldn't advise doing it with low speed of a hand mixer because you might accidentally over-beat). Stir in the nuts, and then the frozen berries.
- ☐ Pour mixture into the pan and bake on center rack for 70 minutes, shielding top with foil during the last 20 minutes to keep it from browning too much.
- ☐ Let the bread cool for several hours, then remove it from the pan and slice.

Nutrition Facts



Properties

Glycemic Index:44.3, Glycemic Load:35.53, Inflammation Score:-6, Nutrition Score:11.724347912747%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Petunidin: 10.21mg, Petunidin: 10.21mg, Petunidin: 10.21mg, Petunidin: 10.21mg Delphinidin: 11.47mg, Delphinidin: 11.47mg, Delphinidin: 11.47mg, Delphinidin: 11.47mg Malvidin: 21.88mg, Malvidin: 21.88mg, Malvidin: 21.88mg, Malvidin: 21.88mg Peonidin: 6.57mg, Peonidin: 6.57mg, Peonidin: 6.57mg, Peonidin: 6.57mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 419.62kcal (20.98%), Fat: 19.43g (29.89%), Saturated Fat: 8.25g (51.58%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 53.78g (19.56%), Sugar: 22.76g (25.29%), Cholesterol: 76.6mg (25.53%), Sodium: 451.81mg (19.64%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 7.59g (15.18%), Manganese: 0.77mg (38.7%), Selenium: 18.18µg (25.96%), Vitamin B1: 0.36mg (24.28%), Folate: 91.09µg (22.77%), Vitamin B2: 0.29mg (17.3%), Phosphorus: 153.38mg (15.34%), Iron: 2.76mg (15.31%), Calcium: 149.73mg (14.97%), Vitamin B3: 2.64mg (13.18%), Copper: 0.25mg (12.55%), Fiber: 2.71g (10.85%), Vitamin A: 437.72IU (8.75%), Vitamin K: 7.73µg (7.36%), Magnesium: 29.05mg (7.26%), Vitamin B6: 0.11mg (5.64%), Zinc: 0.85mg (5.63%), Vitamin E: 0.74mg (4.93%), Vitamin B5: 0.49mg (4.89%), Vitamin C: 3.83mg (4.64%), Potassium: 141mg (4.03%), Vitamin D: 0.46µg (3.07%), Vitamin B12: 0.14µg (2.25%)