Blueberry-Lemon Bread

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	8	368 kcal

BREAD

Ingredients

- [ ] 4 teaspoons double-acting baking powder
- [ ] 1.5 cups blueberries fresh thaw (do not)
- [ ] 4 tablespoons butter chilled cut into thin slices
- [ ] 2 eggs beaten
- [ ] 3 cups flour all-purpose
- [ ] 1 cup granulated sugar
- [ ] 1 rind from lemon grated
- [ ] 1 cup milk

- [ ] 0.5 teaspoon salt

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] wire rack
- [ ] blender
- [ ] loaf pan
- [ ] toothpicks

Directions

- [ ] Heat oven to 350 F. Lightly coat a 5-by-9-inch loaf pan with vegetable cooking spray.
- [ ] Combine the flour, sugar, baking powder, and salt in a large bowl. Using your fingertips or a pastry blender, work the butter into the dry ingredients until it looks like coarse crumbs.
- [ ] Mix in blueberries and lemon rind. Stir in the milk and eggs until well blended.
- [ ] Pour into pan.
- [ ] Bake 55 minutes or until a toothpick inserted in the center of the loaf comes out clean. Turn onto a wire rack.
- [ ] VARIATION: For Orange-Raspberry Bread, use the grated rind from 1 orange in place of the lemon rind and substitute 1 cup raspberries for the blueberries.

Nutrition Facts

PROTEIN **8.06%** FAT **20.13%** CARBS **71.81%**

Properties

Glycemic Index:45.64, Glycemic Load:45.72, Inflammation Score:-5, Nutrition Score:10.610000112782%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 368.33kcal (18.42%), Fat: 8.33g (12.82%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 64.86g (23.59%), Sugar: 29.38g (32.65%), Cholesterol: 59.63mg (19.88%), Sodium: 431.07mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (15.01%), Selenium: 20.1µg (28.72%), Vitamin B1: 0.4mg (26.7%), Folate: 92.92µg (23.23%), Manganese: 0.42mg (20.94%), Vitamin B2: 0.34mg (20.18%), Calcium: 172.92mg (17.29%), Phosphorus: 152.13mg (15.21%), Iron: 2.69mg (14.93%), Vitamin B3: 2.93mg (14.65%), Fiber: 2.02g (8.06%), Vitamin A: 299.1IU (5.98%), Vitamin K: 6.11µg (5.82%), Vitamin B5: 0.53mg (5.32%), Copper: 0.09mg (4.71%), Vitamin B12: 0.27µg (4.58%), Magnesium: 17.75mg (4.44%), Vitamin C: 3.66mg (4.44%), Zinc: 0.65mg (4.34%), Potassium: 136.26mg (3.89%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.07mg (3.69%), Vitamin E: 0.48mg (3.21%)