



Blueberry Lemon Walnut Bread

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



218 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup blueberries fresh
- 0.8 cup buttermilk
- 2 tablespoons canola oil
- 2 eggs
- 2 cups flour all-purpose
- 3 tablespoons granulated sugar

- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon zest
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract pure
- 1 cup walnuts chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- loaf pan

Directions

- Preheat oven to 350 degrees F.
- In a dry skillet, toast walnuts over medium-high heat for 1 to 2 minutes.
- In a large bowl, combine all-purpose flour, baking powder, baking soda and salt.
- Whisk to combine.
- In a medium bowl, combine sugar, lemon zest, buttermilk, eggs, vanilla, melted butter and oil.
- Whisk just to combine.
- Make a well in center of dry ingredients.
- Add liquid ingredients and mix gently just to combine; do not over-mix. Gently fold in walnuts and blueberries.
- Pour batter into a greased and floured 8 x 4-inch loaf pan.
- Bake in preheated oven for 55 to 60 minutes or until tester inserted in center comes out clean. Cool on rack for 20 minutes; remove from pan, cool to room temperature.

To make the glaze, combine sugar and lemon juice in a small saucepan. Bring to boil over high heat, then reduce heat and continue stirring until sugar dissolves.

Brush glaze over bread while still warm.

Nutrition Facts

PROTEIN 9.3% **FAT 48.71%** **CARBS 41.99%**

Properties

Glycemic Index:27.34, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:7.4373913744222%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 217.65kcal (10.88%), Fat: 12.04g (18.52%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 21.73g (7.9%), Sugar: 5.44g (6.05%), Cholesterol: 33.95mg (11.32%), Sodium: 192.01mg (8.35%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 5.17g (10.35%), Manganese: 0.52mg (26.03%), Selenium: 10.41µg (14.87%), Vitamin B1: 0.21mg (14.18%), Folate: 53.32µg (13.33%), Vitamin B2: 0.18mg (10.87%), Copper: 0.2mg (10.17%), Phosphorus: 100.49mg (10.05%), Iron: 1.5mg (8.36%), Calcium: 76.1mg (7.61%), Vitamin B3: 1.42mg (7.09%), Fiber: 1.63g (6.51%), Magnesium: 23.68mg (5.92%), Vitamin E: 0.71mg (4.72%), Vitamin B6: 0.09mg (4.44%), Vitamin K: 4.6µg (4.38%), Vitamin C: 3.58mg (4.34%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.34mg (3.41%), Potassium: 110.59mg (3.16%), Vitamin A: 131.92IU (2.64%), Vitamin D: 0.38µg (2.51%), Vitamin B12: 0.14µg (2.3%)