



Blueberry-Orange Bread

 Vegetarian  Dairy Free

READY IN



215 min.

SERVINGS



16

CALORIES



136 kcal

Ingredients

- 1.5 cups all-bran cereal
- 0.8 cup water
- 1 tablespoon orange zest grated
- 0.5 cup orange juice
- 2 cups flour all-purpose
- 0.8 cup sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt

- 2 tablespoons vegetable oil
- 1 eggs
- 1 cup blueberries frozen organic thaw cascadian farm® (do not)

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening or baking spray with flour.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- In large bowl, stir together cereal, water, orange peel and orange juice; let stand 10 minutes.
- Stir in remaining ingredients except blueberries. Gently stir in blueberries.
- Spread batter in pan.
- Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf; remove from pan to cooling rack. Cool completely, about 2 hours, before slicing.

Nutrition Facts



■ PROTEIN 7.84% ■ FAT 15.32% ■ CARBS 76.84%

Properties

Glycemic Index:23.36, Glycemic Load:17.29, Inflammation Score:-5, Nutrition Score:10.401304462682%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 136.31kcal (6.82%), Fat: 2.48g (3.81%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 25.54g (9.29%), Sugar: 11.89g (13.21%), Cholesterol: 10.23mg (3.41%), Sodium: 130.33mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin B6: 0.72mg (35.88%), Manganese: 0.57mg (28.54%), Folate: 109.02µg (27.26%), Vitamin B12: 1.12µg (18.62%), Vitamin B1: 0.27mg (17.77%), Vitamin B2: 0.26mg (15.03%), Iron: 1.89mg (10.48%), Phosphorus: 99.89mg (9.99%), Selenium: 6.77µg (9.67%), Fiber: 2.4g (9.61%), Vitamin B3: 1.86mg (9.29%), Vitamin C: 6.44mg (7.81%), Magnesium: 26.51mg (6.63%), Zinc: 0.89mg (5.92%), Calcium: 50.99mg (5.1%), Vitamin K: 5.28µg (5.03%), Copper: 0.1mg (4.82%), Potassium: 103.49mg (2.96%), Vitamin A: 138.46IU (2.77%), Vitamin D: 0.3µg (2.03%), Vitamin E: 0.3mg (2.02%), Vitamin B5: 0.2mg (2%)