

Blueberry Orange Bread

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup blueberries fresh
- 0.8 cup brown sugar packed
- 2 eggs
- 2.3 cups flour all-purpose
- 0.3 cup butter softened
- 0.5 cup milk
- 0.5 cup orange juice
- 2 tablespoons orange zest

1 teaspoon salt

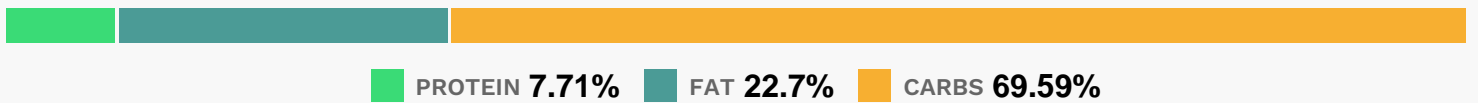
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease the bottom of one 5x9 inch loaf pan.
- In a large bowl combine the flour, brown sugar, baking powder, salt, butter, egg, orange zest, milk and orange juice. Beat at low speed just until moistened. Then beat at medium speed for 2 minutes. Fold in the blueberries and spread into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 60 to 70 minutes or until a toothpick poked into the center of the loaf comes out clean. Cool in pan for 10 minutes then invert onto a wire rack to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:29.04, Inflammation Score:-6, Nutrition Score:12.101739147435%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 402.66kcal (20.13%), Fat: 10.25g (15.76%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 70.67g (23.56%), Net Carbohydrates: 68.55g (24.93%), Sugar: 32.03g (35.59%), Cholesterol: 57mg (19%), Sodium: 726.48mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Selenium: 21.18µg (30.26%), Vitamin B1: 0.42mg (27.75%), Folate: 101.32µg (25.33%), Manganese: 0.43mg (21.46%), Vitamin B2: 0.35mg (20.49%), Calcium: 190.65mg (19.07%), Vitamin C: 15.46mg (18.75%), Iron: 2.98mg (16.54%), Phosphorus: 154.19mg (15.42%), Vitamin B3: 3.04mg (15.18%), Vitamin A: 513.52IU (10.27%), Fiber: 2.12g (8.46%), Vitamin B5: 0.63mg (6.3%), Potassium: 206.49mg (5.9%), Copper: 0.12mg (5.83%), Magnesium: 22.01mg (5.5%), Vitamin K: 5.03µg (4.79%), Vitamin B6: 0.09mg (4.74%), Zinc: 0.66mg (4.43%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.52µg (3.45%)