



Blueberry-Orange Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

BREAD

Ingredients

- ☐ 1 cup bran cereal crushed
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries frozen thawed
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup water

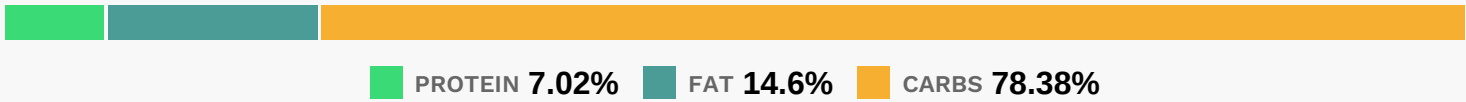
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together first 5 ingredients in a large bowl; let stand 10 minutes or until cereal softens.
- ☐ Stir in flour and next 6 ingredients just until dry ingredients are moistened. Gently fold in blueberries.
- ☐ Pour batter into a greased 9- x 5-inch loafpan.
- ☐ Bake at 350 for 1 hour or until a long wooden pick inserted in center comes out clean. Cool on a wire rack 10 to 15 minutes; remove from pan, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:37.76, Inflammation Score:-6, Nutrition Score:15.913913094479%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 284.94kcal (14.25%), Fat: 4.84g (7.44%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 58.46g (19.49%), Net Carbohydrates: 54.8g (19.93%), Sugar: 28.8g (32%), Cholesterol: 23.25mg (7.75%), Sodium: 324.4mg (14.1%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.23g (10.47%), Vitamin B6: 0.97mg (48.42%), Manganese: 0.85mg (42.72%), Folate: 165.31µg (41.33%), Vitamin B1: 0.44mg (29.23%), Vitamin B12: 1.51µg (25.21%), Vitamin B2: 0.41mg (24.03%), Selenium: 13.43µg (19.18%), Iron: 3.09mg (17.19%), Vitamin B3: 3.11mg (15.56%), Phosphorus: 155.39mg (15.54%), Fiber: 3.65g (14.62%), Vitamin C: 8.24mg (9.99%), Vitamin K: 10.35µg (9.85%), Magnesium: 38.27mg (9.57%), Zinc: 1.3mg (8.67%), Calcium: 86.61mg (8.66%), Copper: 0.15mg (7.52%), Potassium: 153.5mg (4.39%), Vitamin A: 197.78IU (3.96%), Vitamin E: 0.57mg (3.77%), Vitamin B5: 0.36mg (3.56%), Vitamin D: 0.46µg (3.05%)