



Buttermilk-Lime Tea Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

- 1.8 cups flour all-purpose
- 0.8 cup sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 1 eggs
- 1 cup buttermilk
- 0.3 cup vegetable oil
- 2 teaspoons lime zest grated

- 3 tablespoons juice of lime
- 1 tablespoon sugar

Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom and sides of 8x4- or 9x5-inch loaf pan with shortening or spray with cooking spray; lightly flour.
- In medium bowl, mix flour, 3/4 cup sugar, the baking powder and salt; set aside.
- In another medium bowl, stir egg, buttermilk, oil, lime peel and 1 tablespoon of the lime juice with spoon until well blended.
- Add buttermilk mixture to flour mixture and stir just until moistened (some lumps will remain).
- Spread in pan.
- Bake 50 to 60 minutes or until golden brown and toothpick inserted in center comes out clean. Meanwhile, in small bowl, mix remaining 2 tablespoons lime juice and 1 tablespoon sugar.
- Brush lime juice mixture over top of warm bread. Cool in pan on cooling rack 10 minutes; remove bread from pan to cooling rack. Cool completely, about 1 hour. When completely cool, wrap in plastic wrap. Bread is best served the next day.

Nutrition Facts



PROTEIN 6.69% **FAT 28.95%** **CARBS 64.36%**

Properties

Glycemic Index:23.14, Glycemic Load:14.98, Inflammation Score:-1, Nutrition Score:3.2582608694616%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 133.13kcal (6.66%), Fat: 4.33g (6.67%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 21.28g (7.74%), Sugar: 10.94g (12.15%), Cholesterol: 11.88mg (3.96%), Sodium: 109.43mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Selenium: 6.1µg (8.71%), Vitamin B1: 0.12mg (7.75%), Folate: 27.36µg (6.84%), Vitamin B2: 0.11mg (6.37%), Vitamin K: 6.38µg (6.07%), Calcium: 50.82mg (5.08%), Manganese: 0.1mg (4.78%), Phosphorus: 44.35mg (4.44%), Iron: 0.75mg (4.18%), Vitamin B3: 0.83mg (4.14%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.25µg (1.67%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.09µg (1.56%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.36%), Magnesium: 5.21mg (1.3%), Zinc: 0.19mg (1.28%), Potassium: 42.53mg (1.22%), Vitamin C: 0.92mg (1.11%)