



Chai-Spiced Bread

READY IN



235 min.

SERVINGS



16

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup freshly tea prepared
- ☐ 0.3 cup milk
- ☐ 2 teaspoons vanilla
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon ground cardamom

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 3 teaspoons milk
- ☐ 1 serving ground cinnamon

Equipment

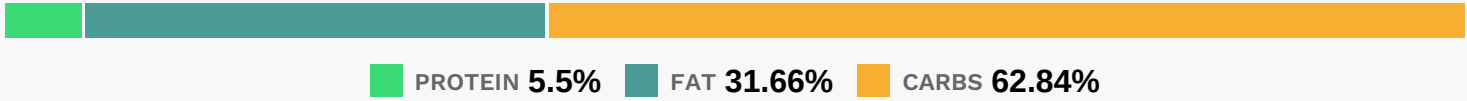
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 400°F. Grease bottom only of 8x4- or 9x5-inch loaf pan with shortening or cooking spray.
- ☐ In large bowl, beat granulated sugar and butter with electric mixer on medium speed until fluffy. On low speed, beat in tea, 1/3 cup milk, 2 teaspoons vanilla and the eggs until ingredients are well combined (will appear curdled). Stir in remaining bread ingredients just until moistened.
- ☐ Spread in pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean (do not underbake). Cool in pan on cooling rack 10 minutes. Loosen sides of loaf from pan; remove from pan to cooling rack. Cool 30 minutes.
- ☐ In small bowl, stir powdered sugar, 1/4 teaspoon vanilla and 3 teaspoons of the milk, adding more milk by teaspoonfuls, until spreadable.

- ☐
- Spread glaze over bread.
- ☐
- Sprinkle with additional cinnamon. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:15.41, Inflammation Score:-3, Nutrition Score:3.6408695327523%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 187.3kcal (9.37%), Fat: 6.62g (10.18%), Saturated Fat: 1.5g (9.34%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 29.03g (10.55%), Sugar: 17.12g (19.02%), Cholesterol: 21.18mg (7.06%), Sodium: 203.57mg (8.85%), Alcohol: 0.19g (100%), Alcohol %: 0.41% (100%), Protein: 2.59g (5.17%), Selenium: 7.21µg (10.3%), Manganese: 0.19mg (9.48%), Vitamin B1: 0.13mg (8.62%), Folate: 31.63µg (7.91%), Vitamin B2: 0.12mg (6.96%), Vitamin A: 293.68IU (5.87%), Iron: 0.92mg (5.09%), Vitamin B3: 0.94mg (4.7%), Phosphorus: 46.82mg (4.68%), Calcium: 46.64mg (4.66%), Fiber: 0.54g (2.15%), Vitamin E: 0.29mg (1.97%), Vitamin B5: 0.18mg (1.83%), Copper: 0.03mg (1.49%), Vitamin B12: 0.09µg (1.48%), Zinc: 0.22mg (1.46%), Magnesium: 5.81mg (1.45%), Potassium: 42.22mg (1.21%), Vitamin D: 0.18µg (1.17%), Vitamin B6: 0.02mg (1.06%)