



Cinnamon-Orange Swirl Bread

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



205 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter flavor shortening
- 2 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 2 teaspoons orange zest grated
- 0.5 teaspoon salt

- 0.8 cup cream sour
- 1.3 cups sugar divided
- 1 teaspoon vanilla extract

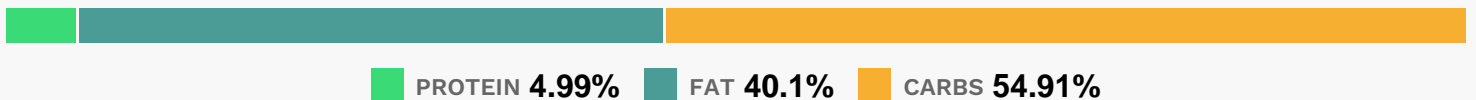
Equipment

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

Directions

- In a bowl, cream shortening and 1 cup sugar.
- Add eggs, sour cream and vanilla; mix well.
- Combine flour, baking powder, baking soda and salt; stir into creamed mixture just until moistened.
- Pour half the batter into a greased 9-in. x 5-in. loaf pan.
- Combine cinnamon, orange peel and remaining sugar; set 1 tablespoon aside for the topping.
- Sprinkle remaining sugar mixture over batter. Carefully top with batter.
- Cut through batter with a knife to swirl.
- Sprinkle with reserved sugar mixture.
- Bake at 350° for 55–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:19.63, Inflammation Score:-1, Nutrition Score:3.6204347688219%

Nutrients (% of daily need)

Calories: 204.65kcal (10.23%), Fat: 9.23g (14.2%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 27.84g (10.12%), Sugar: 16.06g (17.85%), Cholesterol: 26.82mg (8.94%), Sodium: 192.75mg (8.38%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.58g (5.17%), Selenium: 7.49µg (10.7%), Vitamin B1: 0.13mg (8.58%), Folate: 31.92µg (7.98%), Manganese: 0.15mg (7.72%), Vitamin B2: 0.12mg (7.29%), Iron: 0.91mg (5.03%), Vitamin B3: 0.94mg (4.72%), Phosphorus: 44.4mg (4.44%), Calcium: 41.55mg (4.15%), Vitamin K: 3.71µg (3.53%), Vitamin E: 0.51mg (3.38%), Vitamin B5: 0.23mg (2.35%), Fiber: 0.58g (2.33%), Vitamin A: 98.65IU (1.97%), Copper: 0.03mg (1.54%), Zinc: 0.22mg (1.49%), Magnesium: 5.51mg (1.38%), Vitamin B12: 0.07µg (1.19%), Potassium: 40.17mg (1.15%), Vitamin B6: 0.02mg (1.08%)