



Cinnamon Swirl Orange Bread

READY IN



60 min.

SERVINGS



24

CALORIES



182 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 cup powdered sugar
- 1 eggs lightly beaten
- 6.3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 cup milk 2% (110° to 115°)
- 4 teaspoons orange juice
- 1 teaspoon orange zest grated
- 1.5 teaspoons salt

- 0.3 cup shortening
- 0.5 cup sugar
- 0.3 cup water (110° to 115°)
- 2 teaspoons water

Equipment

- bowl
- oven
- loaf pan

Directions

- In a small bowl, dissolve yeast in water. In a large bowl, combine the milk, orange juice, sugar, shortening, peel and salt.
- Add 2 cups flour, yeast mixture and egg; mix well.
- Add enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 8–10 minutes.
- Place in greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down and divide in half. Cover and let rest for 10 minutes.
- Roll each portion into a 15-in. x 7-in. rectangle.
- For filling, combine sugar and cinnamon; sprinkle over rectangle.
- Sprinkle each with 1 teaspoon water.
- Roll up, jelly-roll style, starting with a short end. Seal edges.
- Place each seam side down in a greased 8-in. x 4-in. loaf pan. Cover and let rise until doubled, about 1 hour.
- Bake at 350° for 30–35 minutes or until golden brown.
- Remove from pans and cool on wire racks.
- Combine glaze ingredients; spread over loaves.

Nutrition Facts



■ PROTEIN 8.94% ■ FAT 14.21% ■ CARBS 76.85%

Properties

Glycemic Index:8.42, Glycemic Load:20.94, Inflammation Score:-2, Nutrition Score:5.4930435192326%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 182.37kcal (9.12%), Fat: 2.86g (4.41%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 33.81g (12.29%), Sugar: 9.74g (10.82%), Cholesterol: 7.61mg (2.54%), Sodium: 153.77mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin B1: 0.29mg (19.61%), Folate: 68.22µg (17.05%), Selenium: 11.93µg (17.04%), Manganese: 0.25mg (12.74%), Vitamin B2: 0.2mg (11.85%), Vitamin B3: 2.06mg (10.29%), Iron: 1.58mg (8.75%), Phosphorus: 50.04mg (5%), Fiber: 1.06g (4.23%), Vitamin B5: 0.26mg (2.63%), Copper: 0.05mg (2.62%), Magnesium: 8.9mg (2.23%), Zinc: 0.33mg (2.18%), Calcium: 20.02mg (2%), Potassium: 57.39mg (1.64%), Vitamin B6: 0.03mg (1.33%), Vitamin K: 1.31µg (1.25%), Vitamin E: 0.18mg (1.18%), Vitamin B12: 0.07µg (1.14%)