



Citrus Macadamia Nut Bread

 Vegetarian  Dairy Free

READY IN



145 min.

SERVINGS



16

CALORIES



179 kcal

Ingredients

- 2.5 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup orange juice
- 0.5 cup vegetable oil
- 1 tablespoon lemon zest grated
- 1 tablespoon lime zest grated
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 2 eggs beaten

- 0.5 cup macadamia nuts coarsely chopped
- 1 serving powdered sugar

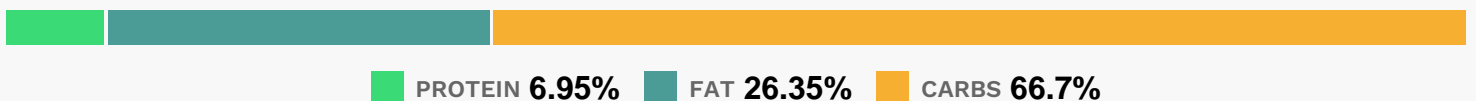
Equipment

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

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening. In large bowl, mix all ingredients except nuts and powdered sugar with spoon until moistened. Stir in nuts.
- Pour into pan.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean.
- Cool bread in pan 10 minutes. Loosen sides of bread from pan; remove from pan to wire rack. Cool completely, about 1 hour.
- Sprinkle with powdered sugar before slicing.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:20.49, Inflammation Score:-2, Nutrition Score:5.215217370054%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 178.67kcal (8.93%), Fat: 5.32g (8.19%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 29.35g (10.67%), Sugar: 14.55g (16.17%), Cholesterol: 20.46mg (6.82%), Sodium: 134.4mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.31mg (15.53%), Vitamin B1: 0.22mg (14.66%), Selenium: 8.56µg (12.23%), Folate: 43.52µg (10.88%), Vitamin C: 8.39mg (10.17%), Vitamin B2: 0.14mg (7.99%), Iron: 1.26mg (6.98%), Vitamin B3: 1.33mg (6.63%), Phosphorus: 53.56mg (5.36%), Calcium: 41.46mg (4.15%), Fiber: 0.97g (3.88%), Copper: 0.07mg (3.61%), Magnesium: 12.32mg (3.08%), Vitamin K: 2.6µg (2.47%), Vitamin B5: 0.23mg (2.33%), Potassium: 76.26mg (2.18%), Zinc: 0.27mg (1.82%), Vitamin B6: 0.04mg (1.82%), Vitamin E: 0.21mg (1.41%), Vitamin A: 61.08IU (1.22%)