



Date Nut Spice Bread

 Vegetarian

READY IN



145 min.

SERVINGS



6

CALORIES



771 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 ounces cream cheese at room temperature
- ☐ 10 ounces dates pitted coarsely chopped
- ☐ 1 extra large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.8 cup orange juice freshly squeezed (3 oranges)
- ☐ 0.3 cup orange liqueur (recommended: Cointreau or Triple Sec)
- ☐ 1 tablespoon orange zest grated
- ☐ 1 tablespoon orange zest grated (2 oranges)
- ☐ 3 ounces pecans coarsely chopped
- ☐ 4 tablespoons butter unsalted at room temperature ()
- ☐ 1 teaspoon vanilla extract pure

Equipment

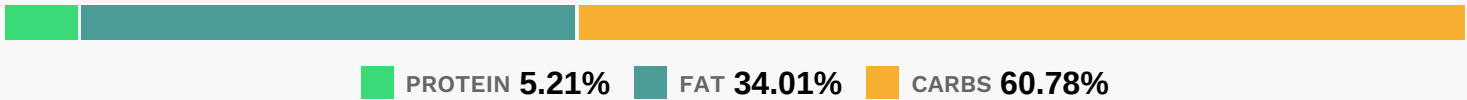
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Butter the bottom of an 8 1/2 by 4 1/2 by 2 1/2-inch loaf pan. Line the bottom with parchment paper, then butter and flour the pan.
- ☐ Combine the dates and orange liqueur in a small bowl and set aside for 30 minutes. Stir occasionally.

- ☐
- In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and brown sugar together on medium speed for 1 minute. Scrape down the bowl. With the mixer on low, add the egg, vanilla, and orange zest. Sift together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt. With the mixer still on low, add the flour mixture alternately with the orange juice to the creamed mixture, beating only until combined. By hand, stir in the dates with their liquid, and the pecans.
- ☐
- Pour the batter into the prepared loaf pan and smooth the top.
- ☐
- Bake for 50 to 60 minutes, until a toothpick comes out clean. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.
- ☐
- Meanwhile, in the bowl of an electric mixer fitted with the paddle attachment, cream the cream cheese, sugar, and orange zest on medium speed until just combined.
- ☐
- Slice the bread and serve with the orange cream cheese on the side for spreading.

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:49.76, Inflammation Score:-7, Nutrition Score:17.618260881175%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 771.33kcal (38.57%), Fat: 29.29g (45.06%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 117.77g (39.26%), Net Carbohydrates: 110.95g (40.35%), Sugar: 76.52g (85.02%), Cholesterol: 83.42mg (27.81%), Sodium: 734.8mg (31.95%), Alcohol: 3.64g (100%), Alcohol %: 1.93% (100%), Caffeine: 3.41mg (1.14%), Protein: 10.09g (20.18%), Manganese: 1.2mg (59.86%), Vitamin B1: 0.49mg (32.55%), Selenium: 21.99µg (31.42%), Fiber: 6.82g (27.27%), Folate: 106.03µg (26.51%), Vitamin C: 18.59mg (22.53%), Vitamin B2: 0.38mg (22.49%), Phosphorus: 202.45mg (20.25%), Iron: 3.46mg (19.2%), Copper: 0.38mg (19.05%), Calcium: 182.4mg (18.24%), Vitamin B3:

3.47mg (17.33%), Potassium: 576.95mg (16.48%), Vitamin A: 748.89IU (14.98%), Magnesium: 58.69mg (14.67%),
Vitamin B5: 1mg (10.05%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.39mg (9.28%), Vitamin E: 0.84mg (5.59%), Vitamin K:
3.43µg (3.26%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.33µg (2.18%)