

# Date Orange Bread

 Vegetarian

READY IN



75 min.

SERVINGS



2

CALORIES



1423 kcal

BREAD

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons butter softened
- 1 cup dates pitted chopped
- 1 eggs
- 2 cups flour all-purpose
- 0.7 cup orange juice fresh
- 3 tablespoons orange zest grated

- 0.8 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 0.3 cup water boiling
- 1 cup sugar white

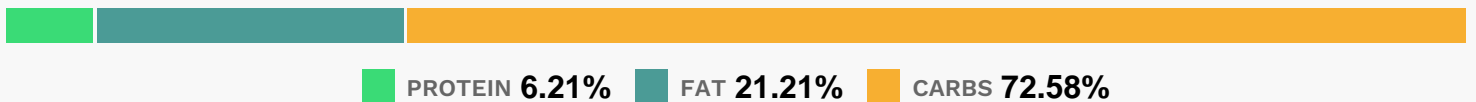
## Equipment

- bowl
- frying pan
- oven
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5x3 inch loaf pan.
- Beat egg slightly.
- Add butter and sugar. Beat smooth. Zest one orange; set 1 tablespoon zest aside. Juice 2 oranges.
- Place juice in a 1 cup measure and add boiling water to fill the cup. Stir zest, juice and vanilla into batter.
- In another bowl, put flour, baking powder, soda, and salt. Stir in walnuts and dates.
- Pour over batter. Stir to moisten. Spoon into greased 9x5x3 inch loaf pan.
- Bake in 350 degree F (175 degree C) oven for 1 hour until it tests done. Cool 10 minutes.
- Remove from pan. Finish cooling and wrap.

## Nutrition Facts



## Properties

Glycemic Index:205.55, Glycemic Load:169.73, Inflammation Score:-9, Nutrition Score:36.570434902025%

## Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 1423.16kcal (71.16%), Fat: 34.53g (53.13%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 265.94g (88.65%), Net Carbohydrates: 253.6g (92.22%), Sugar: 154.79g (171.99%), Cholesterol: 111.94mg (37.31%), Sodium: 1761.32mg (76.58%), Alcohol: 0.69g (100%), Alcohol %: 0.17% (100%), Protein: 22.77g (45.53%), Manganese: 2.07mg (103.62%), Vitamin B1: 1.21mg (80.94%), Folate: 309.64µg (77.41%), Selenium: 53.69µg (76.7%), Vitamin C: 54.25mg (65.75%), Vitamin B2: 0.87mg (51.12%), Fiber: 12.34g (49.35%), Iron: 8.31mg (46.15%), Vitamin B3: 9.08mg (45.42%), Copper: 0.87mg (43.63%), Phosphorus: 388.58mg (38.86%), Magnesium: 120.51mg (30.13%), Potassium: 968.58mg (27.67%), Calcium: 235.81mg (23.58%), Vitamin B6: 0.42mg (21.03%), Vitamin B5: 1.7mg (17.02%), Zinc: 2.37mg (15.81%), Vitamin A: 684.99IU (13.7%), Vitamin E: 0.93mg (6.19%), Vitamin K: 4.28µg (4.07%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.44µg (2.93%)