



Easter Lemon Bread

 Vegetarian

READY IN



100 min.

SERVINGS



16

CALORIES



235 kcal

BREAD

Ingredients

- 0.5 teaspoon almond extract
- 2 teaspoons double-acting baking powder
- 0.5 cup butter room temperature
- 4 eggs room temperature
- 3 cups flour all-purpose
- 6 tablespoons juice of lemon
- 2 tablespoons lemon zest grated
- 1 cup milk room temperature

- 2 teaspoons salt
- 1 cup walnuts chopped
- 0.5 cup sugar white

Equipment

- bowl
- oven
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour 2 loaf pans.
- Combine the flour, baking powder, and salt and set aside.
- Beat the butter and 2 1/2 cups sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the almond extract with the last egg.
- Pour in the flour mixture alternately with the milk, mixing until just incorporated. Fold in the lemon zest and chopped walnuts, mixing just enough to evenly combine.
- Pour the batter into the prepared pans.
- Bake in the preheated oven until the loaves are very lightly browned and a toothpick inserted into the middle comes out clean, 60 to 70 minutes.
- Mix the lemon juice with the 1/2 cup sugar in a bowl until the sugar has dissolved.
- Pour the lemon glaze over the hot cakes; allow to stand for 10 minutes before removing cakes from the pans. Cool before serving.

Nutrition Facts



PROTEIN 9.21% FAT 46.36% CARBS 44.43%

Properties

Glycemic Index:21.57, Glycemic Load:17.8, Inflammation Score:-4, Nutrition Score:7.1086957169616%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.16kcal (11.76%), Fat: 12.32g (18.95%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 25.35g (9.22%), Sugar: 7.46g (8.29%), Cholesterol: 58mg (19.33%), Sodium: 411.5mg (17.89%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 5.51g (11.02%), Manganese: 0.42mg (20.76%), Selenium: 12.09µg (17.27%), Vitamin B1: 0.22mg (14.94%), Folate: 56.66µg (14.17%), Vitamin B2: 0.2mg (11.95%), Phosphorus: 101mg (10.1%), Iron: 1.57mg (8.7%), Copper: 0.16mg (8.02%), Vitamin B3: 1.5mg (7.51%), Calcium: 68.28mg (6.83%), Vitamin A: 263.55IU (5.27%), Magnesium: 20.61mg (5.15%), Fiber: 1.22g (4.88%), Vitamin B6: 0.08mg (4.09%), Zinc: 0.61mg (4.05%), Vitamin C: 3.24mg (3.93%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.19µg (3.21%), Potassium: 104.55mg (2.99%), Vitamin D: 0.39µg (2.59%), Vitamin E: 0.36mg (2.42%)