



Eggnog-Poppy Seed Bread

 Dairy Free

READY IN



150 min.

SERVINGS



24

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 cups flour all-purpose
- 1 cup sugar
- 0.3 cup poppy seeds
- 1.3 cups eggnog
- 1 tablespoon orange zest grated
- 3 tablespoons vegetable oil
- 3.5 teaspoons double-acting baking powder
- 1 teaspoon salt

1 teaspoon nutmeg

1 eggs

Equipment

bowl

frying pan

oven

wire rack

plastic wrap

loaf pan

toothpicks

Directions

Heat oven to 350°F. Grease bottom only of one 9x5-inch loaf pan or two 8x4-inch loaf pans with shortening or cooking spray.

In large bowl, stir together all ingredients; beat 30 seconds with spoon.

Pour into pan(s).

Bake 9-inch loaf 55 to 65 minutes, 8-inch loaves 55 to 60 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing. Wrap in plastic wrap and store in refrigerator up to 1 week.

Nutrition Facts



PROTEIN 8.16% FAT 23.56% CARBS 68.28%

Properties

Glycemic Index:15.3, Glycemic Load:13.76, Inflammation Score:-1, Nutrition Score:3.406521740167%

Nutrients (% of daily need)

Calories: 115.23kcal (5.76%), Fat: 3.05g (4.69%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 19.27g (7.01%), Sugar: 9.48g (10.53%), Cholesterol: 14.63mg (4.88%), Sodium: 169.11mg (7.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Selenium: 5.73µg (8.18%), Manganese: 0.16mg (8.15%), Vitamin B1: 0.12mg (7.8%), Calcium: 70.13mg (7.01%), Folate: 25.81µg (6.45%), Vitamin B2: 0.1mg (5.93%), Phosphorus: 54.19mg (5.42%), Iron: 0.84mg (4.66%), Vitamin B3: 0.8mg (3.98%), Vitamin K: 3.21µg (3.06%), Magnesium: 9.58mg (2.4%), Fiber: 0.6g (2.4%), Copper: 0.04mg (2.03%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.14mg (1.45%), Vitamin E: 0.21mg (1.42%), Potassium: 46.9mg (1.34%), Vitamin D: 0.2µg (1.3%), Vitamin B12: 0.08µg (1.26%)