



Glazed Cinnamon-Raisin Tea Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 teaspoons apple juice
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 0.8 cup buttermilk fat-free
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water hot

Equipment

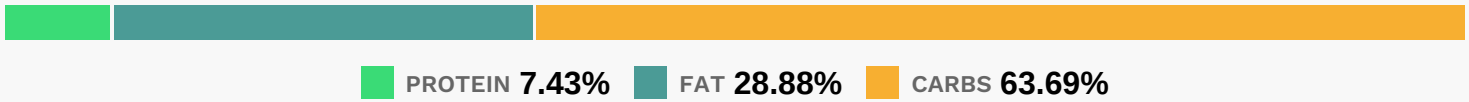
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare bread, cover raisins with 2 cups hot water in a medium bowl; cover and let stand 5 minutes.
- ☐ Drain.

- ☐ Combine buttermilk and next 5 ingredients (through egg white) in a large bowl; stir with a whisk until well blended. Stir in raisins.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (through nutmeg), stirring with a whisk.
- ☐ Add flour mixture to buttermilk mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ To prepare glaze, combine powdered sugar, 1% milk, and juice, stirring until smooth.
- ☐ Drizzle glaze evenly over bread; immediately sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:14.92, Inflammation Score:-2, Nutrition Score:4.3613043388595%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 171.97kcal (8.6%), Fat: 5.68g (8.73%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.44g (9.61%), Sugar: 13.41g (14.9%), Cholesterol: 11.88mg (3.96%), Sodium: 96.1mg (4.18%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.29g (6.58%), Manganese: 0.22mg (11.15%), Vitamin B1: 0.14mg (9.65%), Selenium: 6.25µg (8.93%), Vitamin B2: 0.12mg (7.1%), Fiber: 1.72g (6.89%), Folate: 26.47µg (6.62%), Vitamin E: 0.99mg (6.59%), Iron: 1.04mg (5.76%), Phosphorus: 55mg (5.5%), Magnesium: 19.93mg (4.98%), Copper: 0.1mg (4.98%), Vitamin B3: 0.94mg (4.69%), Potassium: 123.79mg (3.54%), Calcium: 32.7mg (3.27%), Vitamin K: 2.85µg (2.71%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.15mg (1.46%)