



Glazed Lemon Bread



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



351 kcal

BREAD

Ingredients

- ☐ 4 ounces butter softened (1 stick, or 8 Tbsp)
- ☐ 1 cup minus 1 tablespoon granulated sugar
- ☐ 1 tablespoon honey
- ☐ 2 eggs (room temp)
- ☐ 1 tablespoon lemon zest
- ☐ 0.5 cup milk whole
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups flour

- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup sugar

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Preheat oven to 350°F. Butter a 4x8-inch loaf pan.
- ☐ Beat the butter until fluffy, about 2 minutes.
- ☐ Add the sugar and honey, continue to beat until creamy, a few minutes more.
- ☐ Add eggs, one at a time, beating after each addition to incorporate. On low speed, slowly beat the milk in. Do not worry if the mixture looks a little curdled.
- ☐ Mix in lemon zest.
- ☐ Sift together the flour, salt, cardamom, baking powder.
- ☐ Add to the wet ingredients, beating until smooth.
- ☐ Place batter in prepared pan and bake for 1 hour at 350°F.
- ☐ While the lemon bread is baking, prepare the glaze.
- ☐ Heat the glaze ingredients – lemon juice, sugar, honey – in a small saucepan until the sugar is completely dissolved.
- ☐ Once you have removed the bread from the oven, poke holes all over the top with a thin skewer (this will help the glaze penetrate). Spoon the glaze over it while the bread is still in the pan and is still hot.
- ☐ Let cool for 10 minutes before removing from pan and slicing to serve.

Nutrition Facts



PROTEIN 5.01% **FAT 33.66%** **CARBS 61.33%**

Properties

Glycemic Index:56.56, Glycemic Load:37.74, Inflammation Score:-4, Nutrition Score:5.9399999794753%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.82kcal (17.54%), Fat: 13.4g (20.61%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 54.14g (19.69%), Sugar: 36.49g (40.55%), Cholesterol: 73.23mg (24.41%), Sodium: 311.95mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Selenium: 11.99µg (17.13%), Vitamin B1: 0.2mg (13.34%), Folate: 50.16µg (12.54%), Vitamin B2: 0.2mg (11.84%), Manganese: 0.2mg (10.17%), Vitamin A: 439.16IU (8.78%), Phosphorus: 77.88mg (7.79%), Iron: 1.4mg (7.76%), Vitamin B3: 1.43mg (7.14%), Calcium: 63.74mg (6.37%), Vitamin C: 3.96mg (4.8%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.2µg (3.41%), Vitamin E: 0.48mg (3.2%), Fiber: 0.78g (3.11%), Zinc: 0.41mg (2.71%), Vitamin D: 0.39µg (2.59%), Magnesium: 9.64mg (2.41%), Copper: 0.05mg (2.38%), Potassium: 79.15mg (2.26%), Vitamin B6: 0.04mg (2.22%), Vitamin K: 1.14µg (1.09%)