



WHATSheATE



Julia Waldbaum's Marmalade Nut Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 11.8 oz flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup orange juice
- ☐ 1 cup orange marmalade
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons vegetable oil

☐ 1 cup walnuts toasted chopped

Equipment

☐ bowl

☐ oven

☐ loaf pan

Directions

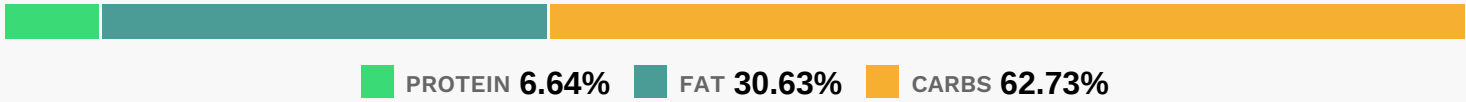
☐ Preheat oven to 350 degrees F. Grease and flour two 8×4 or two 9×5 inch loaf pan. For a larger loaf, just use one 9×5 inch loaf pan.In a large bowl, thoroughly mix together the flour, sugar, baking powder and salt.

☐ Add the toasted walnuts and stir well.In a second bowl, mix together the egg, marmalade, orange juice and oil.

☐ Add the liquid ingredients to the dry ingredients and stir gently until mixed.

☐ Pour the batter into the prepared pans and bake on center rack for 50 minutes to 1 hour. My small loaves took 50 minutes, so I imagine one large would take 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:31.19, Inflammation Score:-5, Nutrition Score:12.704347859258%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 447.24kcal (22.36%), Fat: 15.73g (24.2%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 70.03g (25.47%), Sugar: 35.44g (39.38%), Cholesterol: 23.25mg (7.75%), Sodium: 508.98mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Manganese: 0.8mg (39.99%), Vitamin

B1: 0.41mg (27.37%), Folate: 106.69µg (26.67%), Selenium: 17.14µg (24.48%), Vitamin C: 17.61mg (21.35%), Copper: 0.35mg (17.39%), Vitamin B2: 0.28mg (16.35%), Iron: 2.8mg (15.54%), Phosphorus: 153.35mg (15.34%), Calcium: 145.81mg (14.58%), Vitamin B3: 2.78mg (13.91%), Fiber: 2.45g (9.82%), Vitamin K: 9.95µg (9.48%), Magnesium: 37.75mg (9.44%), Vitamin B6: 0.13mg (6.38%), Zinc: 0.86mg (5.72%), Potassium: 195.24mg (5.58%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.43mg (4.27%), Vitamin A: 123.47IU (2.47%)