



Kumquat-Cardamom Tea Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



359 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup corn oil
- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons peach-flavored iced tea instant
- ☐ 2 teaspoons kosher salt divided

- ☐ 2 cups kumquats stemmed seeded sliced quartered
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounce pineapple crushed canned
- ☐ 3 cups powdered sugar
- ☐ 1.3 cups sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts toasted chopped

Equipment

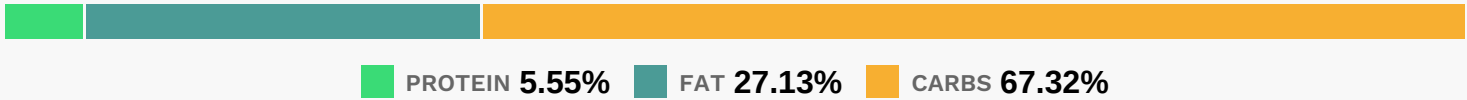
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Place quartered kumquats in processor; puree 3 minutes. Measure 1/3 cup puree for glaze; set aside.
- ☐ Position rack in center of oven; preheat to 350°F. Spray two 8 1/2x4 1/2x2 1/2-inch metal loaf pans with nonstick spray.
- ☐ Combine flour, tea powder (if desired), baking powder, baking soda, cardamom, and 1 1/2 teaspoons salt in medium bowl; whisk to blend. Using electric mixer, blend 1 1/4 cups sugar and oil in large bowl. Beat in eggs, 1 at a time, then vanilla, 2/3 cup kumquat puree, and pineapple with juice. Gradually add dry ingredients, beating just until blended. Fold in walnuts. Divide batter between prepared pans.
- ☐ Bake cakes until tester inserted into center comes out clean, about 1 hour. Cool 5 minutes in pans on rack. Turn cakes out; place top side up on rack and cool.
- ☐ Place reserved 1/3 cup puree in large bowl.

- ☐
- Whisk in butter, powdered sugar, lemon juice, and 1/2 teaspoon salt.
- ☐
- Spread glaze over cakes, dividing equally. Top with kumquat slices.
- ☐
- Let stand until icing sets. (Can be made 1 day ahead. Wrap in foil; store at room temperature.)

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:24.05, Inflammation Score:-4, Nutrition Score:7.4708695152531%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 8.12mg, Naringenin: 8.12mg, Naringenin: 8.12mg, Naringenin: 8.12mg Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg

Nutrients (% of daily need)

Calories: 359.03kcal (17.95%), Fat: 11.06g (17.01%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 59.51g (21.64%), Sugar: 41.38g (45.98%), Cholesterol: 42.5mg (14.17%), Sodium: 415.4mg (18.06%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.09g (10.18%), Manganese: 0.45mg (22.67%), Selenium: 11.51µg (16.44%), Vitamin B1: 0.23mg (15.53%), Folate: 57.87µg (14.47%), Vitamin B2: 0.19mg (11.44%), Vitamin C: 8mg (9.7%), Copper: 0.19mg (9.48%), Iron: 1.7mg (9.45%), Fiber: 2.25g (8.98%), Phosphorus: 82.14mg (8.21%), Vitamin B3: 1.58mg (7.89%), Magnesium: 23.23mg (5.81%), Calcium: 50.77mg (5.08%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.58mg (3.89%), Vitamin A: 188.83IU (3.78%), Zinc: 0.56mg (3.75%), Potassium: 118.33mg (3.38%), Vitamin B5: 0.32mg (3.23%), Vitamin D: 0.24µg (1.6%), Vitamin B12: 0.09µg (1.49%), Vitamin K: 1.53µg (1.46%)