



Lavender Honey Tea Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



402 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 cups flour
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup cup heavy whipping cream sour
- 3 large eggs
- 1 tablespoon culinary lavender buds dried
- 2 tablespoons lavender honey
- 2 tablespoons powdered sugar

- 0.5 teaspoon salt
- 1 cup sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 0.5 cup milk whole

Equipment

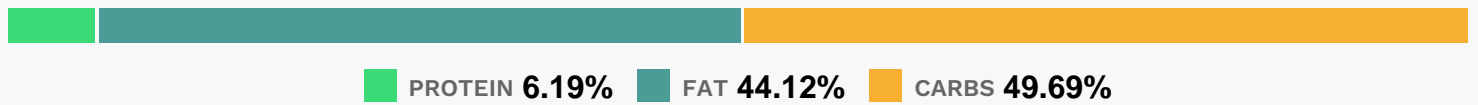
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- hand mixer
- spatula
- kugelhopf pan

Directions

- Bring milk to simmer in small saucepan; add honey and 1 tablespoon lavender blossoms. Stir until honey dissolves.
- Remove from heat; cover and let steep 30 minutes.
- Meanwhile, preheat oven to 350°F. Butter and flour decorative 10-cup fluted pan or Bundt pan.
- Whisk flour, baking powder, baking soda, and salt in medium bowl.
- Strain milk mixture into another medium bowl; discard solids in strainer.
- Whisk sour cream into milk mixture to blend. Using electric mixer, beat 1 cup sugar and butter in large bowl until light and fluffy.
- Add eggs 1 at a time, beating until blended after each addition.
- Add flour mixture alternately with milk mixture in 3 additions each, beating just until smooth.
- Transfer batter to prepared pan; smooth top with rubber spatula.

- Bake bread until tester inserted near center comes out clean, about 45 minutes. Cool bread in pan on rack 10 minutes. Turn out onto rack and cool completely.
- Combine powdered sugar and remaining 1/2 teaspoon lavender blossoms in strainer set over small bowl. Press sugar mixture through strainer, discarding large bits. (Can be made 1 day ahead. Cover and store at room temperature.) Sift strained powdered sugar mixture over bread.
- *Lavender honey is available at specialty foods stores and at zingermans.com; dried lavender blossoms are available online at gourmetsleuth.com.
- For a delicate texture, mix in the dry ingredients just until the tea bread batter is blended.

Nutrition Facts



Properties

Glycemic Index:32.74, Glycemic Load:33.54, Inflammation Score:-5, Nutrition Score:8.0899999154651%

Nutrients (% of daily need)

Calories: 402.18kcal (20.11%), Fat: 20g (30.77%), Saturated Fat: 12.05g (75.31%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 49.83g (18.12%), Sugar: 26.4g (29.33%), Cholesterol: 108.56mg (36.19%), Sodium: 332.83mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Selenium: 16.42µg (23.46%), Vitamin B1: 0.26mg (17.56%), Vitamin B2: 0.29mg (17.3%), Folate: 65.61µg (16.4%), Vitamin A: 738.76IU (14.78%), Calcium: 120.88mg (12.09%), Phosphorus: 118.76mg (11.88%), Manganese: 0.22mg (11.16%), Iron: 1.93mg (10.72%), Vitamin B3: 1.89mg (9.47%), Vitamin D: 0.99µg (6.57%), Vitamin B5: 0.49mg (4.88%), Vitamin E: 0.66mg (4.43%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.54mg (3.61%), Fiber: 0.85g (3.42%), Copper: 0.06mg (3.18%), Magnesium: 12.44mg (3.11%), Potassium: 100.65mg (2.88%), Vitamin B6: 0.06mg (2.82%), Vitamin K: 1.73µg (1.65%)