

Lavender Tea Bread

 Vegetarian  Popular

READY IN



65 min.

SERVINGS



12

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 teaspoons double-acting baking powder
- 6 tablespoons butter softened
- 2 eggs
- 2 cups flour all-purpose
- 3 tablespoons lavender fresh finely chopped
- 0.8 cup milk
- 0.3 teaspoon salt
- 1 cup sugar white

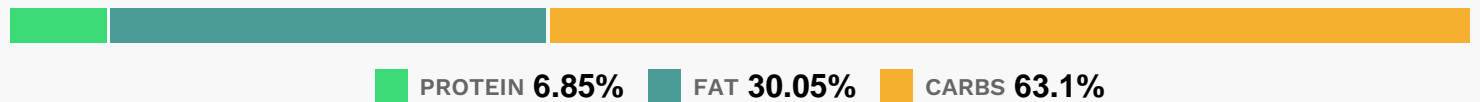
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- loaf pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Grease and flour a 9x5 inch loaf pan.
- Combine the milk and lavender in a small saucepan over medium heat.
- Heat to a simmer, then remove from heat, and allow to cool slightly.
- In a medium bowl, cream together the butter and sugar until smooth. Beat in the egg until the mixture is light and fluffy.
- Combine the flour, baking powder, and salt; stir into the creamed mixture alternately with the milk and lavender until just blended.
- Pour into the prepared pan.
- Bake for 50 minutes in the preheated oven, or until a wooden pick inserted into the crown of the loaf comes out clean. Cool in the pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:23.54, Inflammation Score:-3, Nutrition Score:4.5965217611064%

Nutrients (% of daily need)

Calories: 211.93kcal (10.6%), Fat: 7.16g (11.01%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 33.25g (12.09%), Sugar: 17.45g (19.39%), Cholesterol: 44.16mg (14.72%), Sodium: 163.25mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Selenium: 9.77µg (13.96%), Vitamin B1: 0.18mg

(11.69%), Folate: 41.78µg (10.45%), Vitamin B2: 0.16mg (9.59%), Manganese: 0.15mg (7.28%), Iron: 1.23mg (6.86%), Calcium: 65.5mg (6.55%), Phosphorus: 65.06mg (6.51%), Vitamin B3: 1.25mg (6.27%), Vitamin A: 250.49IU (5.01%), Vitamin B5: 0.27mg (2.68%), Vitamin B12: 0.16µg (2.66%), Fiber: 0.56g (2.25%), Vitamin D: 0.31µg (2.1%), Zinc: 0.31mg (2.07%), Magnesium: 7.57mg (1.89%), Copper: 0.04mg (1.83%), Vitamin E: 0.26mg (1.73%), Potassium: 57.41mg (1.64%), Vitamin B6: 0.03mg (1.56%)