



Lemon Bread

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



189 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup butter softened
- 4 eggs
- 3 cups flour all-purpose
- 0.3 cup juice of lemon
- 4 teaspoons lemon zest grated
- 1 cup milk 2%
- 1 cup pecans finely chopped

- 0.5 teaspoon salt
- 0.5 cup sugar

Equipment

- bowl
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- In a large bowl, cream butter and sugar.
- Add eggs, one at a time, beating well after each addition.
- Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Fold in pecans and lemon peel.
- Spoon into two greased 9-in. x 5-in. loaf pans.
- Bake at 350° for 55–60 minutes or until a toothpick inserted near the center comes out clean.
- For glaze, combine sugar and lemon juice. Immediately spoon over bread. Cool for 10 minutes before removing from pans to a wire rack to cool completely.

Nutrition Facts



PROTEIN 7.03% **FAT 56.28%** **CARBS 36.69%**

Properties

Glycemic Index:12.38, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:4.8230434811634%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg
Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.6kcal (9.43%), Fat: 12.01g (18.47%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 17.61g (5.87%), Net
Carbohydrates: 16.71g (6.08%), Sugar: 5.01g (5.57%), Cholesterol: 48.4mg (16.13%), Sodium: 160.04mg (6.96%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Manganese: 0.32mg (15.76%), Selenium: 8.09µg
(11.56%), Vitamin B1: 0.16mg (10.73%), Folate: 34.54µg (8.63%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 62.91mg
(6.29%), Vitamin A: 288.91IU (5.78%), Iron: 1.02mg (5.65%), Vitamin B3: 1mg (4.99%), Calcium: 44.01mg (4.4%),
Copper: 0.08mg (4.2%), Fiber: 0.9g (3.62%), Zinc: 0.47mg (3.12%), Magnesium: 11.43mg (2.86%), Vitamin B5:
0.27mg (2.71%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.22%), Vitamin C: 1.81mg (2.2%), Potassium:
65.68mg (1.88%), Vitamin B6: 0.04mg (1.75%)