



Lemon-Macadamia Nut Bread

 Vegetarian

READY IN



155 min.

SERVINGS



24

CALORIES



134 kcal

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.5 cup macadamia nuts toasted coarsely chopped
- ☐ 1.3 cups milk
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 tablespoons vegetable oil
- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs

- ☐ 0.3 cup sugar
- ☐ 3 tablespoons juice of lemon

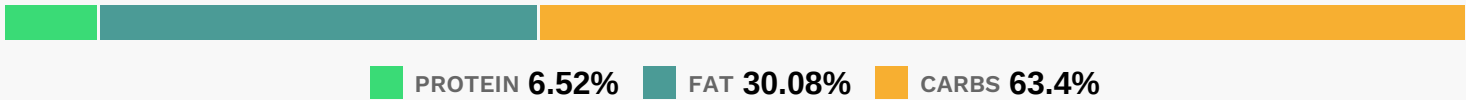
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening.
- ☐ In large bowl, beat all ingredients except 1/4 cup sugar and the lemon juice with electric mixer on medium speed 30 seconds, scraping bowl constantly.
- ☐ Pour into pan.
- ☐ Bake 55 to 65 minutes or until toothpick inserted in center comes out clean.
- ☐ Immediately poke holes in top of bread about 1 inch apart, using long wooden pick. In small bowl, mix 1/4 cup sugar and the lemon juice; drizzle evenly over top of bread. Cool bread in pan 10 minutes. Loosen sides of bread from pan; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:14.85, Inflammation Score:-1, Nutrition Score:3.48391305882%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 4.56g (7.02%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 21.01g (7.64%), Sugar: 11.23g (12.48%), Cholesterol: 8.35mg (2.78%), Sodium: 118.25mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Manganese: 0.21mg (10.3%), Vitamin B1: 0.14mg (9.6%), Selenium: 5.39µg (7.69%), Folate: 25.4µg (6.35%), Vitamin B2: 0.1mg (5.72%), Calcium: 55.84mg (5.58%), Phosphorus: 48.74mg (4.87%), Iron: 0.81mg (4.52%), Vitamin B3: 0.86mg (4.28%), Vitamin K: 3.21µg (3.06%), Fiber: 0.62g (2.5%), Magnesium: 8.55mg (2.14%), Copper: 0.04mg (2.13%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.08µg (1.42%), Potassium: 48.46mg (1.38%), Zinc: 0.21mg (1.37%), Vitamin C: 1.08mg (1.31%), Vitamin B6: 0.03mg (1.28%), Vitamin E: 0.19mg (1.27%), Vitamin D: 0.18µg (1.18%)