



Lemon Quick Bread

READY IN



45 min.

SERVINGS



15

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup yogurt plain
- 1 cup yogurt plain
- 2 tsp double-acting baking powder
- 0.5 tsp baking soda
- 2 egg substitute
- 0.5 cup granulated sugar
- 0.3 tsp lemon extract
- 1 cup juice of lemon fresh
- 2 teaspoon lemon zest grated (2 lemons)

- 0.3 teaspoon salt
- 0.5 pound sugar
- 1 tsp vanilla extract
- 1 cup pastry flour whole wheat

Equipment

- frying pan
- sauce pan
- oven
- wire rack
- loaf pan
- toothpicks
- aluminum foil
- pastry brush

Directions

- Preheat oven to 350Beat yogurt, sugar, eggs, vanilla and lemon extract until blended
- Stir together flour, lemon peel, baking powder, baking soda and salt.
- Add to yogurt mixture,mix just until blended. Spoon batter into a greased and floured 9- x 5- inch loaf pan or 3 mini loafs.
- Bake for 50 minutes to 1 hour for 1 large loaf or 30 35 minutes for 3 mini loafs, or until a toothpick inserted into center comes out clean, shielding with aluminum foil after 50 minutes to prevent excessive browning.To make glaze:In a small sauce pan add sugar and lemon juice, stir until dissolved and clear. While the cake is still warm, pour the lemon-sugar mixture over the cake and allow it to soak in (a pastry brush works great for this, as does using a toothpick to make tiny holes that draw the syrup in better).Cool in pan on a wire rack 10 minutes; remove from pan to wire rack. Then eat!!!!Calories per slice: 111, Fat: .02, Cholesterol: 0, Sodium: 137, Potassium: 32, Carbs: 23, Fiber: 1.3, Sugar: 10.3, Protein: 3.9

Nutrition Facts



■ PROTEIN 8.54% ■ FAT 2.36% ■ CARBS 89.1%

Properties

Glycemic Index:15.48, Glycemic Load:15.36, Inflammation Score:-1, Nutrition Score:4.2904347826087%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 100%, Saltiness: 18.46%, Sourness: 65.41%, Bitterness: 45.93%, Savoriness: 15.85%, Fattiness: 20.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 134.27kcal (6.71%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 30.4g (11.06%), Sugar: 24.74g (27.49%), Cholesterol: 0.65mg (0.22%), Sodium: 171.72mg (7.47%), Protein: 3g (6.01%), Manganese: 0.33mg (16.53%), Calcium: 105.47mg (10.55%), Phosphorus: 94.73mg (9.47%), Selenium: 6.33µg (9.04%), Vitamin C: 6.93mg (8.4%), Vitamin B2: 0.1mg (5.72%), Magnesium: 18.4mg (4.6%), Vitamin B1: 0.06mg (4.01%), Potassium: 130.79mg (3.74%), Fiber: 0.93g (3.74%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.2µg (3.33%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.82%), Folate: 10.75µg (2.69%), Iron: 0.41mg (2.3%), Vitamin B3: 0.45mg (2.27%), Copper: 0.04mg (2.12%)