



## Lemon Tea Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



201 kcal

BEVERAGE

DRINK

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 1 tablespoon granulated sugar
- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon rind divided

- 0.5 cup milk
- 1 cup powdered sugar
- 0.5 teaspoon salt

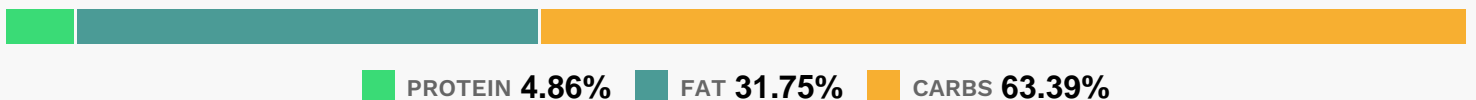
## Equipment

- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Beat softened butter at medium speed with an electric mixer until creamy. Gradually add 1 cup granulated sugar, beating until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Stir together flour, baking powder, and salt; add to butter mixture alternately with milk, beating at low speed just until blended, beginning and ending with flour mixture. Stir in 1 tablespoon lemon rind. Spoon batter into greased and floured 8- x 4-inch loafpan.
- Bake at 350 for 1 hour or until a wooden pick inserted in center of bread comes out clean.
- Let cool in pan 10 minutes.
- Remove bread from pan, and cool completely on a wire rack.
- Stir together powdered sugar and lemon juice until smooth; spoon evenly over top of bread, letting excess drip down sides. Stir together remaining 1 tablespoon lemon rind and 1 tablespoon granulated sugar; sprinkle on top of bread.
- Lemon-Almond Tea Bread: Stir 1/2 teaspoon almond extract into batter. Proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:26.35, Glycemic Load:16.98, Inflammation Score:-2, Nutrition Score:3.1656521999318%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg 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: 200.66kcal (10.03%), Fat: 7.21g (11.09%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 31.94g (11.62%), Sugar: 22.47g (24.96%), Cholesterol: 42.04mg (14.01%), Sodium: 167.61mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Selenium: 6.66µg (9.51%), Vitamin B1: 0.11mg (7.11%), Folate: 26.74µg (6.68%), Vitamin B2: 0.11mg (6.54%), Vitamin A: 238.79IU (4.78%), Manganese: 0.09mg (4.44%), Phosphorus: 42.83mg (4.28%), Iron: 0.75mg (4.16%), Vitamin B3: 0.76mg (3.8%), Calcium: 34.56mg (3.46%), Vitamin C: 1.81mg (2.19%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.12µg (1.94%), Vitamin E: 0.26mg (1.75%), Fiber: 0.43g (1.72%), Vitamin D: 0.22µg (1.49%), Zinc: 0.22mg (1.46%), Copper: 0.03mg (1.28%), Magnesium: 4.99mg (1.25%), Vitamin B6: 0.02mg (1.22%), Potassium: 40.44mg (1.16%)