



Lemon Walnut Date Bread

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 2 tablespoons butter at room temperature
- 1 cup dates pitted chopped
- 1 large eggs
- 1.8 cups flour all-purpose
- 5 oz optional: lemon
- 0.5 cup juice of lemon
- 1 teaspoon salt

- 1.3 cups sugar
- 1 cup walnuts chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- loaf pan
- toothpicks
- skewers

Directions

- Coarsely chop lemon, including peel and rind; discard seeds.
- Place lemon and dates in a food processor; whirl until evenly chopped.
- Add 3/4 cup sugar, the butter, and egg; whirl until blended and the lemon and dates are finely chopped.
- In a bowl, mix flour, baking soda, and salt.
- Add to date mixture; whirl until blended. Stir in walnuts.
- Spread batter into a buttered and floured 4- by 8-inch glass loaf pan.
- Bake in a 325 oven until a toothpick inserted in center of thickest part comes out clean, about 1 hour.
- Meanwhile, in a 1- to 1 1/2-quart pan, combine remaining 1/2 cup sugar and lemon juice. Stir over medium heat until sugar dissolves, about 2 minutes.
- When bread is done, use a long, thin skewer to make holes about 1/2 inch apart all over surface.
- Pour hot syrup evenly over hot bread in pan.
- Let stand at room temperature until bread absorbs all syrup, about 2 hours. Turn out of pan onto plate. Cover airtight; chill overnight or up to 3 days. Thinly slice to serve. Chill leftover bread airtight.

Nutrition Facts

PROTEIN 6.11% FAT 28.22% CARBS 65.67%

Properties

Glycemic Index:10.11, Glycemic Load:14.6, Inflammation Score:-2, Nutrition Score:3.4247825897258%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 136.63kcal (6.83%), Fat: 4.49g (6.91%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.28g (8.1%), Sugar: 14.71g (16.35%), Cholesterol: 7.75mg (2.58%), Sodium: 157.13mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Manganese: 0.25mg (12.41%), Vitamin B1: 0.1mg (6.39%), Folate: 25.28µg (6.32%), Vitamin C: 5.19mg (6.29%), Selenium: 4.24µg (6.06%), Copper: 0.11mg (5.43%), Fiber: 1.24g (4.97%), Vitamin B2: 0.07mg (4.13%), Iron: 0.71mg (3.94%), Phosphorus: 36.25mg (3.63%), Vitamin B3: 0.68mg (3.41%), Magnesium: 13.41mg (3.35%), Vitamin B6: 0.05mg (2.55%), Potassium: 88.41mg (2.53%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.15mg (1.55%), Calcium: 12.05mg (1.21%), Vitamin A: 56.17IU (1.12%)