



Lemon-Walnut Tea Bread

READY IN



15 min.

SERVINGS



10

CALORIES



307 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 2 large eggs
- 1.5 cups flour all-purpose
- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon rind grated
- 0.5 cup milk
- 0.3 teaspoon salt
- 1 cup sugar

0.8 cup walnuts chopped

Equipment

frying pan

oven

wire rack

hand mixer

Directions

Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.

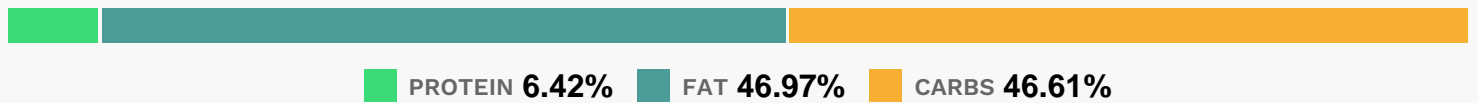
Add eggs, 1 at a time, beating until blended after each addition.

Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in walnuts, lemon rind, and lemon juice.

Pour batter into a greased and floured 9- x 5-inch loafpan.

Bake at 350 for 50 to 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.51, Glycemic Load:24.8, Inflammation Score:-5, Nutrition Score:6.8808695894221%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.41kcal (15.37%), Fat: 16.46g (25.32%), Saturated Fat: 3g (18.78%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 35.51g (12.91%), Sugar: 20.99g (23.32%), Cholesterol: 38.66mg (12.89%), Sodium: 248.46mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Manganese: 0.43mg (21.61%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.19mg (12.7%), Folate: 48.48µg (12.12%), Vitamin B2: 0.18mg (10.45%), Phosphorus: 98.87mg (9.89%), Vitamin A: 482.29IU (9.65%), Copper: 0.18mg (8.85%), Iron: 1.39mg (7.72%), Calcium: 72.7mg (7.27%), Vitamin B3: 1.24mg (6.18%), Magnesium: 21.52mg (5.38%), Fiber: 1.23g (4.93%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.59mg (3.92%), Vitamin E: 0.54mg (3.62%), Vitamin B5: 0.35mg (3.48%), Vitamin C: 2.85mg (3.45%), Potassium: 101.17mg (2.89%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.23%)