



Marbled Loaves with Orange Glaze

READY IN



45 min.

SERVINGS



16

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda divided
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup buttermilk
- ☐ 2 teaspoons cream of tartar divided
- ☐ 4 large eggs separated
- ☐ 5 cups flour all-purpose divided
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground nutmeg

- ☐ 1 cup butter divided softened
- ☐ 0.5 cup milk
- ☐ 0.5 cup blackstrap molasses
- ☐ 16 servings orange glaze
- ☐ 1.5 cups sugar

Equipment

- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Beat egg whites and granulated sugar at medium speed with an electric mixer about 3 minutes or until foamy; add 1/2 cup butter, beating until blended.
- ☐ Combine 2 1/2 cups flour, 1/2 teaspoon baking soda, and 1 teaspoon cream of tartar; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Set batter aside.
- ☐ Beat egg yolks and brown sugar at medium speed with electric mixer; add remaining 1/2 cup butter, beating until blended. Stir in 1/2 cup molasses.
- ☐ Combine remaining 2 1/2 cups flour, remaining 1/2 teaspoon baking soda, remaining 1 teaspoon cream of tartar, and spices; add to brown sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Drop batters by spoonfuls, alternating dark and light next to each other, into 2 greased and floured 9- x 5-inch loafpans. Gently swirl light and dark batters together with a knife.
- ☐ Bake loaves at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes, and remove from pans. Cool loaves completely on wire racks.
- ☐ Drizzle Orange Glaze over warm loaves; cool completely.

Nutrition Facts



 PROTEIN **5.93%**  FAT **25.77%**  CARBS **68.3%**

Properties

Glycemic Index:24.41, Glycemic Load:42.01, Inflammation Score:-8, Nutrition Score:14.37782604798%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 471.48kcal (23.57%), Fat: 13.75g (21.15%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 82.01g (27.34%), Net Carbohydrates: 78.61g (28.59%), Sugar: 49.27g (54.75%), Cholesterol: 48.24mg (16.08%), Sodium: 239.81mg (10.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin C: 47.99mg (58.18%), Selenium: 20.12µg (28.74%), Vitamin B1: 0.4mg (26.96%), Folate: 105.24µg (26.31%), Manganese: 0.51mg (25.41%), Vitamin B2: 0.32mg (18.76%), Vitamin A: 803.97IU (16.08%), Iron: 2.78mg (15.42%), Potassium: 487.18mg (13.92%), Fiber: 3.39g (13.58%), Vitamin B3: 2.71mg (13.55%), Magnesium: 48.62mg (12.16%), Calcium: 107.8mg (10.78%), Phosphorus: 101.44mg (10.14%), Vitamin B6: 0.18mg (8.91%), Copper: 0.17mg (8.55%), Vitamin B5: 0.76mg (7.6%), Vitamin E: 0.77mg (5.13%), Zinc: 0.6mg (4.03%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.43µg (2.88%)