



WHATSheATE



Orange Apricot Loaf



Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 0.3 cup apricots dried chopped
- ☐ 1 eggs
- ☐ 0.8 cup milk
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon orange zest
- ☐ 0.5 cup sultana raisins chopped
- ☐ 2 cups self-rising flour

☐ 0.5 cup sugar white

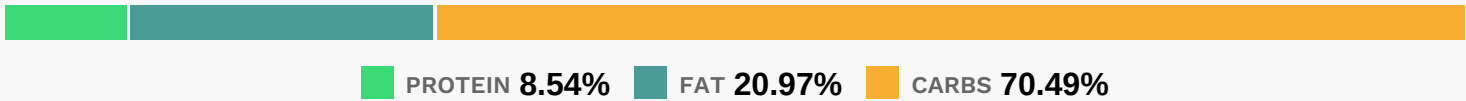
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a small bowl, combine sultanas, apricots, orange rind and orange juice.
- ☐ Let stand for 10 minutes.
- ☐ In a large bowl, cream butter and sugar together. Beat in egg. Stir in fruit. Stir in flour alternately with milk.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 40 to 45 minutes, or until toothpick inserted into center of loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:38.15, Inflammation Score:-4, Nutrition Score:6.9960869136064%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.9kcal (17.3%), Fat: 8.2g (12.62%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 59.68g (21.7%), Sugar: 21.63g (24.03%), Cholesterol: 45.99mg (15.33%), Sodium: 72.03mg (3.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Selenium: 19.75µg (28.21%), Manganese: 0.38mg (18.99%), Phosphorus: 101.5mg (10.15%), Vitamin A: 475.52IU (9.51%), Fiber: 2.33g (9.34%), Vitamin B2: 0.13mg (7.93%), Potassium: 275.52mg (7.87%), Copper: 0.14mg (7.05%), Vitamin C: 4.9mg (5.94%), Calcium: 58.31mg (5.83%), Iron: 0.99mg (5.5%), Magnesium: 21.3mg (5.32%), Folate: 20.31µg (5.08%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.66mg (4.4%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (4.06%), Vitamin B12: 0.24µg (4.03%), Vitamin B3: 0.76mg (3.82%), Vitamin D: 0.48µg (3.21%)