



Orange-Blueberry Bread

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



18

CALORIES



72 kcal

Ingredients

- 0.5 cup granulated sugar
- 0.5 cup milk
- 1 tablespoon orange zest grated
- 3 tablespoons vegetable oil
- 2 eggs
- 1 cup blueberries fresh rinsed drained (and)
- 0.5 cup powdered sugar
- 3 teaspoons orange juice
- 1 serving orange zest grated

3 cups frangelico

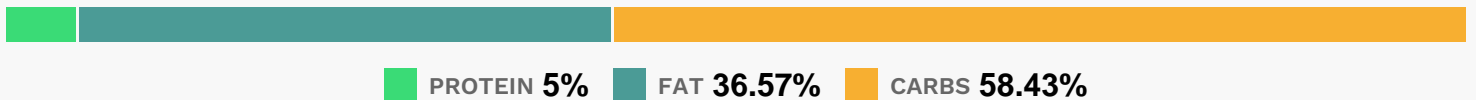
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening or cooking spray.
- In large bowl, stir all bread ingredients except blueberries until blended. Fold in blueberries.
- Pour into pan.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; loosen loaf from sides of pan.
- Remove from pan to cooling rack. Cool completely, about 45 minutes.
- In small bowl, mix powdered sugar and orange juice until smooth and thin enough to drizzle.
- Drizzle glaze over bread; sprinkle with additional orange peel.

Nutrition Facts



Properties

Glycemic Index:11.12, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:1.3934782600921%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg Peonidin: 1.67mg, Peonidin: 1.67mg

Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg
Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.14mg,
Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:
0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg,
Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 71.63kcal (3.58%), Fat: 3g (4.61%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 10.78g (3.59%), Net
Carbohydrates: 10.47g (3.81%), Sugar: 10.07g (11.18%), Cholesterol: 19mg (6.33%), Sodium: 9.76mg (0.42%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin K: 5.79µg (5.52%), Vitamin C: 2.74mg (3.32%),
Selenium: 1.7µg (2.43%), Vitamin B2: 0.04mg (2.24%), Vitamin E: 0.29mg (1.93%), Phosphorus: 17.92mg (1.79%),
Manganese: 0.03mg (1.49%), Vitamin B12: 0.08µg (1.34%), Calcium: 13.4mg (1.34%), Fiber: 0.31g (1.22%), Vitamin B5:
0.12mg (1.18%), Vitamin D: 0.17µg (1.15%)