



Orange Bread



Vegetarian



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



337 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 cup sugar
- ☐ 2 eggs
- ☐ 1.5 Tbsp orange zest (f intense orange flavor)
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup yogurt plain
- ☐ 0.5 cup golden raisins chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon orange juice
- ☐ 0.3 cup powdered sugar (confectioner's sugar)

Equipment

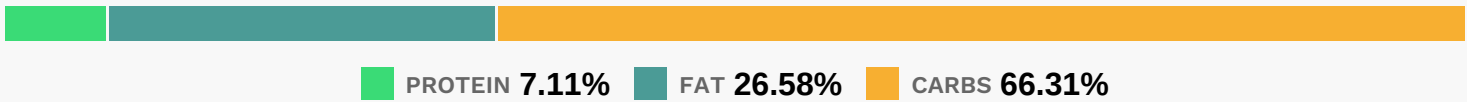
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Preheat oven and prepare loaf pan: Preheat oven to 350°F. Butter a 4x8-inch loaf pan. To make it easier to remove the loaf from the pan, you may want to lay down a wide strip of parchment paper, along the length of the bottom of the loaf pan, and up the narrow sides. Butter this as well.
- ☐ Beat butter, sugar, eggs, zest: Beat the butter until fluffy, about 2 minutes on high in an electric mixer.
- ☐ Add the sugar and beat for an additional 2 minutes.
- ☐ Add the eggs, one at a time, beating until completely incorporated after each addition. Beat in the orange zest.
- ☐ Whisk together dry ingredients: In a separate bowl, whisk together the flour, baking soda, baking powder, salt and cinnamon.

- ☐ Add the yogurt and dry ingredients by thirds, starting with the yogurt, alternating the additions. Beat only until just incorporated.
- ☐ Mix in the golden raisins.
- ☐ Pour batter into loaf pans and bake: Immediately pour batter into prepared loaf pan.
- ☐ Place in middle rack of 350°F oven.
- ☐ Bake for 45–50 minutes*, until a skewer inserted into the center comes out clean.
- ☐ Cool: Cool on a rack in the pan for 5 minutes. Then remove the loaf from the pan and cool for another 10 to 15 minutes.
- ☐ Prepare glaze: While loaf is cooling, prepare optional glaze if using.
- ☐ Whisk together the lemon juice, orange juice, and powdered sugar until smooth and there are no lumps.
- ☐ Place loaf on a serving plate. Use a toothpick or skinny skewer to poke holes in the top of the loaf and drizzle the glaze over the loaf.
- ☐ *If you are using a 5x9 loaf pan, the loaf will be done earlier. Check at 40 minutes. You can use this recipe for muffins, in which case the cooking time should be 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:34.67, Inflammation Score:-4, Nutrition Score:7.593478275382%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 10.13g (15.58%), Saturated Fat: 5.91g (36.94%), Carbohydrates: 56.83g (18.94%), Net Carbohydrates: 55.47g (20.17%), Sugar: 30.62g (34.02%), Cholesterol: 65.24mg (21.75%), Sodium: 355.05mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Selenium: 14.96µg (21.37%), Vitamin B1: 0.26mg (17.47%), Folate: 65.79µg (16.45%), Vitamin B2: 0.27mg (16.15%), Manganese: 0.26mg (12.88%), Phosphorus: 108.75mg (10.87%), Iron: 1.91mg (10.59%), Vitamin B3: 2mg (9.99%), Calcium: 87.21mg (8.72%), Vitamin A: 332.78IU (6.66%), Fiber: 1.36g (5.45%), Potassium: 171.6mg (4.9%), Copper: 0.09mg (4.6%), Vitamin B5: 0.46mg (4.56%),

Magnesium: 15.79mg (3.95%), Zinc: 0.59mg (3.91%), Vitamin B12: 0.23µg (3.79%), Vitamin B6: 0.07mg (3.73%),
Vitamin C: 2.65mg (3.22%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.19µg (1.13%)