

Orange Date Nut Bread

 Vegetarian

READY IN



80 min.

SERVINGS



16

CALORIES



174 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 2 tablespoons butter
- 1 cup dates pitted chopped
- 2 eggs
- 1.8 cups flour all-purpose
- 1 small cranberry-orange relish unpeeled seeded cut into pieces and
- 0.5 cup orange juice
- 1 cup pecans chopped

- 1 teaspoon salt
- 0.5 cup sugar

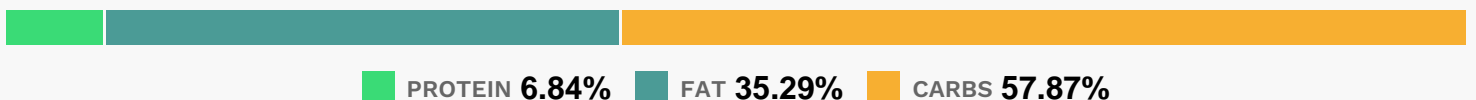
Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks
- aluminum foil

Directions

- For bread, place eggs, butter, sugar, orange pieces and dates in blender or food processor. Cover and process with on/off motions until finely chopped.
- Remove to a large bowl.
- In separate bowl, sift together flour, baking soda and salt; add to orange mixture and mix until well-combined. Stir in pecans.
- Pour batter into greased 9-in. x 5-in. loaf pan.
- Bake at 325° for 1 hour or until a toothpick inserted near the center comes out clean. If bread begins to darken, cover with foil during last few minutes of baking.
- Meanwhile, for sauce, heat orange juice and sugar until sugar has dissolved. When bread comes out of the oven, poke holes with a toothpick and slowly pour the sauce over top.
- Let stand for 15 minutes before removing from pan. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:15.79, Inflammation Score:-3, Nutrition Score:5.311304403388%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.56mg, Hesperetin: 2.56mg, Hesperetin: 2.56mg, Hesperetin: 2.56mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 173.53kcal (8.68%), Fat: 7.06g (10.86%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 24.13g (8.78%), Sugar: 13.6g (15.11%), Cholesterol: 24.22mg (8.07%), Sodium: 233.4mg (10.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.08g (6.16%), Manganese: 0.43mg (21.43%), Vitamin B1: 0.17mg (11.44%), Selenium: 6.95µg (9.93%), Folate: 35.03µg (8.76%), Vitamin C: 7.18mg (8.7%), Fiber: 1.92g (7.67%), Vitamin B2: 0.11mg (6.71%), Copper: 0.13mg (6.55%), Iron: 1.02mg (5.68%), Phosphorus: 52.8mg (5.28%), Vitamin B3: 1.06mg (5.28%), Magnesium: 17.35mg (4.34%), Potassium: 137.36mg (3.92%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.29mg (2.89%), Vitamin B6: 0.05mg (2.58%), Vitamin A: 107.17IU (2.14%), Calcium: 17.31mg (1.73%), Vitamin E: 0.22mg (1.47%)