



Orange Ginger Bread

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



52 kcal

BREAD

Ingredients

- 1.5 teaspoons active yeast dry
- 3 tablespoons brown sugar
- 3 tablespoons butter
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1.5 teaspoons ground ginger
- 1 cup orange juice
- 0.1 teaspoon salt

1.5 cups flour whole wheat

Equipment

oven

loaf pan

bread machine

Directions

Place ingredients into the bread machine in the order recommended by the manufacturer. Select the Dough cycle, and press Start.

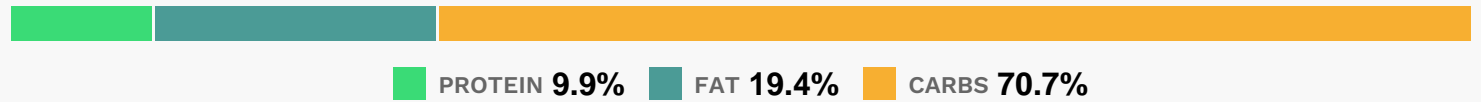
When the machine signals the end of the cycle, remove the dough.

Roll into a loaf, and place in a 9x5 inch bread pan. Set aside to rise until doubled, or until your finger leaves a dent when the dough is pressed lightly.

Preheat the oven to 350 degrees F (175 degrees C).

Bake the bread for 25 minutes in the preheated oven, or until a rich golden brown.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:2.5999999751701%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 52.06kcal (2.6%), Fat: 1.15g (1.77%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.66g (3.15%), Sugar: 1.59g (1.76%), Cholesterol: 2.51mg (0.84%), Sodium: 16.22mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Manganese: 0.28mg (13.92%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.09mg (5.77%), Folate: 16.89µg (4.22%), Vitamin C: 3.45mg (4.18%), Vitamin B3: 0.65mg (3.23%), Fiber: 0.77g (3.06%), Phosphorus: 25.97mg (2.6%), Iron: 0.47mg (2.59%), Vitamin B2: 0.04mg (2.46%), Magnesium: 9.15mg (2.29%), Copper: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.19mg (1.24%), Potassium: 41.69mg

(1.19%)