

Orange Loaf

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

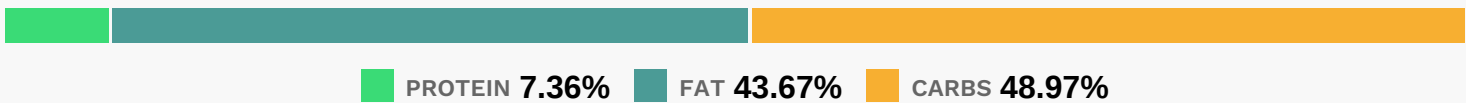
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Stir together flour, baking powder, salt, and nuts.
- ☐ In a large bowl, beat together butter or margarine and 1 cup sugar. Beat in eggs one at a time. Stir in rind and 1/2 cup juice.
- ☐ Pour in flour mixture, and stir until moistened. Turn into a greased 9 x 5 x 3 inch loaf pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, or until done.
- ☐ Remove loaf from oven, but not from pan.
- ☐ Combine 1/2 cup orange juice with 1/4 cup sugar in a small saucepan.
- ☐ Heat and stir to dissolve sugar. Spoon glaze over hot loaf.
- ☐ Let stand in pan for 10 minutes before removing loaf to rack to cool.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:22.69, Inflammation Score:-5, Nutrition Score:7.1352173770251%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 263.78kcal (13.19%), Fat: 12.83g (19.73%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 31.4g (11.42%), Sugar: 7.66g (8.52%), Cholesterol: 40.92mg (13.64%), Sodium: 401.62mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Selenium: 14.03µg (20.05%), Vitamin B1: 0.27mg (17.73%), Folate: 67.37µg (16.84%), Vitamin B2: 0.22mg (12.73%), Vitamin A: 601.04IU (12.02%), Manganese: 0.22mg (10.96%), Vitamin C: 8.8mg (10.66%), Iron: 1.79mg (9.97%), Vitamin B3: 1.93mg (9.63%), Phosphorus: 83.5mg (8.35%), Calcium: 76.93mg (7.69%), Vitamin E: 0.58mg (3.88%), Fiber: 0.96g (3.83%), Vitamin B5: 0.35mg (3.51%), Copper: 0.06mg (3.05%), Magnesium: 10.76mg (2.69%), Potassium: 87.52mg (2.5%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.22µg (1.47%)