

Orange Nut Bread

 Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



803 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup orange juice fresh
- 1 tablespoon orange zest grated
- 0.3 teaspoon salt
- 2 tablespoons shortening melted

- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 0.7 cup water hot
- 1 cup sugar white

Equipment

- bowl
- oven
- loaf pan
- toothpicks
- measuring cup

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 3 to 4 mini loaf pans (5x3 inches each).
- Zest and juice an orange; set 1 tablespoon zest aside.
- Pour orange juice into a one-cup measuring cup, add boiling water to fill to one cup measurement.
- Pour juice mixture into a bowl and add the melted shortening, vanilla, egg, flour, salt, baking powder, baking soda, sugar, grated orange zest and chopped nuts. Stir well and pour batter into the prepared pans.
- Bake at 350 degrees F (175 degrees C) for 45 minutes or until a toothpick comes out clean and bread is nicely browned.

Nutrition Facts



Properties

Glycemic Index:103.03, Glycemic Load:94.62, Inflammation Score:-6, Nutrition Score:19.715652134108%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 802.82kcal (40.14%), Fat: 23.73g (36.51%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 136.67g (45.56%), Net Carbohydrates: 132.85g (48.31%), Sugar: 69.8g (77.56%), Cholesterol: 54.56mg (18.19%), Sodium: 544.5mg (23.67%), Alcohol: 0.46g (100%), Alcohol %: 0.21% (100%), Protein: 13.64g (27.29%), Manganese: 1.25mg (62.42%), Vitamin B1: 0.76mg (50.37%), Selenium: 34.16µg (48.8%), Folate: 187.37µg (46.84%), Vitamin B2: 0.53mg (31.29%), Iron: 4.95mg (27.51%), Vitamin B3: 5.28mg (26.42%), Copper: 0.47mg (23.44%), Phosphorus: 220.91mg (22.09%), Vitamin C: 16.75mg (20.3%), Fiber: 3.83g (15.31%), Magnesium: 55.43mg (13.86%), Calcium: 127.02mg (12.7%), Zinc: 1.41mg (9.39%), Vitamin B6: 0.18mg (9.06%), Vitamin B5: 0.82mg (8.22%), Potassium: 258.37mg (7.38%), Vitamin E: 0.88mg (5.86%), Vitamin K: 5.39µg (5.13%), Vitamin A: 146.61IU (2.93%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)