



Orange-Pecan Tea Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs
- 1.8 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground nutmeg
- 0.5 cup buttermilk low-fat

- 3 tablespoons milk 1% low-fat
- 2 teaspoons orange juice fresh
- 3 tablespoons orange marmalade
- 2 teaspoons orange rind grated
- 0.3 cup pecans toasted chopped
- 1.5 teaspoons pecans toasted chopped
- 0.5 cup powdered sugar
- 0.3 teaspoon salt
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and the next 5 ingredients (flour through allspice) in a large bowl, stirring with a whisk; make a well in center of mixture.
- Combine granulated sugar and the next 7 ingredients (sugar through eggs), stirring with a whisk; add to flour mixture, stirring just until moist.
- Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.

- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.
- Combine powdered sugar and juice, stirring until smooth.
- Drizzle glaze over bread, and sprinkle with 1 1/2 teaspoons pecans.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:13.76, Inflammation Score:-2, Nutrition Score:4.257391343946%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 169.95kcal (8.5%), Fat: 5.62g (8.65%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.69g (9.7%), Sugar: 14.72g (16.35%), Cholesterol: 27.08mg (9.02%), Sodium: 137.9mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Selenium: 7.92µg (11.31%), Manganese: 0.22mg (10.97%), Vitamin B1: 0.15mg (9.84%), Folate: 33.78µg (8.44%), Vitamin B2: 0.13mg (7.91%), Phosphorus: 55.31mg (5.53%), Iron: 0.97mg (5.37%), Vitamin K: 5.52µg (5.26%), Vitamin B3: 0.97mg (4.87%), Calcium: 41.43mg (4.14%), Copper: 0.06mg (3.16%), Fiber: 0.73g (2.91%), Vitamin E: 0.36mg (2.43%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.24mg (2.38%), Magnesium: 8.95mg (2.24%), Potassium: 59.35mg (1.7%), Vitamin B12: 0.1µg (1.7%), Vitamin B6: 0.03mg (1.53%), Vitamin C: 1.22mg (1.48%), Vitamin D: 0.18µg (1.19%), Vitamin A: 56.32IU (1.13%)