



Orange-Poppy Seed Bread

 Vegetarian

READY IN



140 min.

SERVINGS



24

CALORIES



92 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons milk
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup orange marmalade
- ☐ 1 teaspoon orange zest grated

- ☐ 2 tablespoons poppy seeds
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottom only of loaf pan, 8 1/2x4 1/2x2 1/2 inches or 9x5x3 inches, with shortening. In large bowl, mix all Bread ingredients with spoon; beat 30 seconds.
- ☐ Pour into pan.
- ☐ Bake 8-inch loaf 45 to 55 minutes, 9-inch loaf 40 to 50 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- ☐ In small bowl, mix powdered sugar and milk until smooth and thin enough to drizzle.
- ☐ Drizzle over loaf, allowing some to drizzle down sides.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:7.55, Inflammation Score:-1, Nutrition Score:2.6499999761581%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 92.06kcal (4.6%), Fat: 1.7g (2.62%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 17.33g (6.3%), Sugar: 9.04g (10.05%), Cholesterol: 13.69mg (4.56%), Sodium: 107.37mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Selenium: 4.84µg (6.91%), Vitamin B1: 0.09mg (6.33%), Manganese: 0.12mg (6.24%), Folate: 23.58µg (5.89%), Vitamin B2: 0.07mg (4.34%), Iron: 0.67mg (3.74%), Vitamin C: 3.02mg (3.67%), Calcium: 32.92mg (3.29%), Vitamin B3: 0.65mg (3.25%), Phosphorus: 32.1mg (3.21%), Fiber: 0.49g (1.98%), Copper: 0.04mg (1.93%), Vitamin K: 1.72µg (1.64%), Magnesium: 6.17mg (1.54%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.12mg (1.17%), Potassium: 35.35mg (1.01%)