



Orange Quick Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup almonds chopped
- 2 cups baking mix
- 1 eggs beaten
- 0.7 cup orange juice
- 2 tablespoons orange zest grated
- 0.5 cup raisins
- 1 tablespoon vegetable oil
- 0.5 cup granulated sugar white

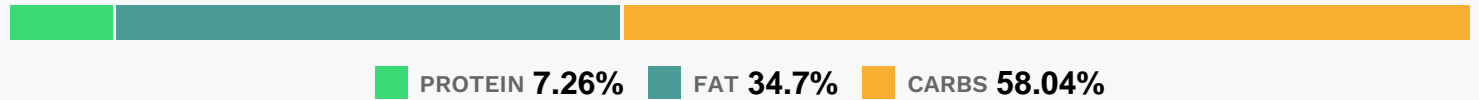
Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large bowl, stir together baking mix, sugar and orange zest.
- Add orange juice, egg and vegetable oil; stir to combine. Fold in almonds and raisins.
- Pour batter into prepared pan.
- Bake in preheated oven for 35 minutes, until a toothpick inserted into center of loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:18.3, Inflammation Score:-5, Nutrition Score:12.078260981518%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 384.99kcal (19.25%), Fat: 15.25g (23.46%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 53.98g (19.63%), Sugar: 24.15g (26.84%), Cholesterol: 28.08mg (9.36%), Sodium: 524.82mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Phosphorus: 320.01mg (32%), Vitamin E: 3.38mg (22.54%), Manganese: 0.45mg (22.36%), Vitamin B2: 0.38mg (22.32%), Vitamin C: 17.27mg (20.93%), Vitamin B1: 0.3mg (19.87%), Folate: 67.92µg (16.98%), Fiber: 3.42g (13.67%), Vitamin B3: 2.52mg (12.58%), Magnesium: 50.15mg (12.54%), Copper: 0.24mg (12.06%), Calcium: 117.56mg (11.76%), Iron: 2.07mg (11.51%), Potassium: 322.04mg (9.2%), Selenium: 5.96µg (8.51%), Vitamin K: 6.82µg (6.49%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.75mg (4.99%), Vitamin B6: 0.1mg (4.82%), Vitamin B12: 0.22µg (3.69%), Vitamin A: 104.83IU (2.1%)