



Pistachio Poppy Bread

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



335 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter for loaf pan room temperature
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose plus more for loaf pan
- ☐ 10 servings creamed honey for serving
- ☐ 0.5 orange zest
- ☐ 1.8 cups pistachios unsalted whole shelled
- ☐ 0.3 cup poppy seeds

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup milk whole

Equipment

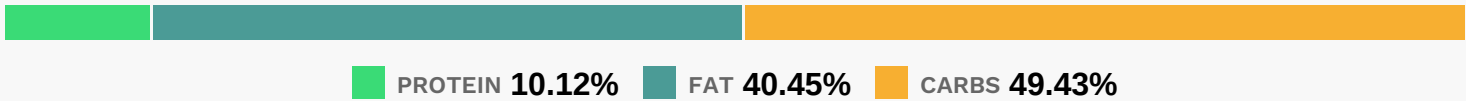
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Special equipment: stand mixer, 8 1/2 by 4 1/2-inch glass loaf pan
- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter and lightly flour the loaf pan.
- ☐ In a food processor, add 1 1/2 cups of the pistachios and pulse until finely ground.
- ☐ Remove them to a large bowl and mix in the flour, poppy seeds, baking powder and 1/2 teaspoon of salt.
- ☐ In the bowl of a stand mixer fitted with the paddle attachment, cream the 3 tablespoons of butter and the sugar on medium speed for 2 minutes.
- ☐ Add the egg and continue to beat until the mixture turns pale yellow and ribbons form.
- ☐ Mix in the milk and the zest until incorporated. Gently stir the mixture into the dry ingredients to combine.
- ☐ Pour into the loaf pan and smooth the top. Dot with the remaining 1/4 cup of whole pistachios and sprinkle with a pinch of sea salt.
- ☐ Bake until lightly golden and toothpick inserted in center comes out clean, about 1 hour 10 minutes.

Remove the bread from the pan and cool on a wire rack, about 10 minutes. Slice and serve warm or at room temperature with creamed honey.

Nutrition Facts



Properties

Glycemic Index:38.24, Glycemic Load:24.33, Inflammation Score:-4, Nutrition Score:10.99695650391%

Nutrients (% of daily need)

Calories: 335.42kcal (16.77%), Fat: 15.59g (23.98%), Saturated Fat: 4g (25.02%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 39.4g (14.33%), Sugar: 18.43g (20.48%), Cholesterol: 27.59mg (9.2%), Sodium: 244.12mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Manganese: 0.61mg (30.7%), Vitamin B1: 0.38mg (25.34%), Phosphorus: 195.84mg (19.58%), Selenium: 12.83µg (18.33%), Copper: 0.36mg (18.08%), Folate: 61.29µg (15.32%), Vitamin B6: 0.28mg (13.99%), Fiber: 3.46g (13.84%), Iron: 2.48mg (13.76%), Calcium: 137.28mg (13.73%), Vitamin B2: 0.23mg (13.43%), Magnesium: 40.94mg (10.23%), Vitamin B3: 1.83mg (9.16%), Potassium: 301.95mg (8.63%), Zinc: 1.03mg (6.87%), Vitamin E: 0.68mg (4.54%), Vitamin A: 216.63IU (4.33%), Vitamin B5: 0.38mg (3.76%), Vitamin K: 3.28µg (3.12%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.29µg (1.93%), Vitamin C: 1.52mg (1.84%)