



Pomegranate Orange Bread

 Vegetarian

READY IN



270 min.

SERVINGS



12

CALORIES



208 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 6 oz yogurt plain fat free
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon orange juice

- ☐ 2 teaspoons orange zest grated
- ☐ 1 cup pomegranate seeds
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 8 1/2x4 1/2-inch loaf pan with shortening or cooking spray.
- ☐ In medium bowl, stir together flour, granulated sugar, baking powder, baking soda and salt. In another bowl, beat yogurt, orange peel, 1/2 cup orange juice, the melted butter and eggs with whisk.
- ☐ Add to dry ingredients; stir together until just combined. Fold in pomegranate seeds.
- ☐ Pour into pan.
- ☐ Bake 55 to 65 minutes or until toothpick inserted in center of loaf comes out clean.
- ☐ Cool in pan 15 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, at least 3 hours.
- ☐ Mix powdered sugar and 1 tablespoon orange juice with whisk; drizzle over bread. Allow glaze to harden before slicing and serving.

Nutrition Facts



 **PROTEIN 7.91%**  **FAT 21.18%**  **CARBS 70.91%**

Properties

Glycemic Index:33.84, Glycemic Load:21.78, Inflammation Score:-2, Nutrition Score:5.2991304034772%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 208.31kcal (10.42%), Fat: 4.97g (7.64%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 36.26g (13.18%), Sugar: 20.53g (22.81%), Cholesterol: 37.73mg (12.58%), Sodium: 248.31mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Selenium: 10.05µg (14.36%), Vitamin B1: 0.18mg (12.29%), Folate: 49.13µg (12.28%), Vitamin B2: 0.18mg (10.74%), Manganese: 0.16mg (8.12%), Phosphorus: 76.6mg (7.66%), Calcium: 68.25mg (6.82%), Iron: 1.22mg (6.78%), Vitamin B3: 1.3mg (6.52%), Fiber: 1.15g (4.59%), Vitamin B5: 0.36mg (3.56%), Vitamin A: 163.01IU (3.26%), Vitamin C: 2.68mg (3.25%), Copper: 0.06mg (3.06%), Potassium: 105.96mg (3.03%), Zinc: 0.43mg (2.89%), Vitamin B12: 0.16µg (2.66%), Magnesium: 10.26mg (2.56%), Vitamin K: 2.69µg (2.56%), Vitamin B6: 0.04mg (2.03%), Vitamin E: 0.28mg (1.88%)