



Pomegranate Orange Bread

 Vegetarian

READY IN



270 min.

SERVINGS



12

CALORIES



214 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 6 oz yogurt plain yoplait® (from 2-lb container)
- ☐ 0.5 cup orange juice fresh
- ☐ 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 350F. 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



Properties

Glycemic Index:39.76, Glycemic Load:22.45, Inflammation Score:-3, Nutrition Score:5.5326086697371%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 213.67kcal (10.68%), Fat: 5.42g (8.34%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 36.88g (13.41%), Sugar: 20.97g (23.3%), Cholesterol: 39.29mg (13.1%), Sodium: 244.02mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Selenium: 9.86µg (14.09%), Folate: 51.52µg (12.88%), Vitamin B1: 0.19mg (12.73%), Vitamin B2: 0.17mg (10.15%), Vitamin C: 7.79mg (9.45%), Manganese: 0.16mg (8.18%), Phosphorus: 69.56mg (6.96%), Iron: 1.24mg (6.86%), Vitamin B3: 1.34mg (6.69%), Calcium: 58.33mg (5.83%), Fiber: 1.17g (4.68%), Vitamin A: 196.71IU (3.93%), Vitamin B5: 0.34mg (3.39%), Copper: 0.06mg (3.25%), Potassium: 112.45mg (3.21%), Magnesium: 10.4mg (2.6%), Zinc: 0.38mg (2.57%), Vitamin K: 2.7µg (2.57%), Vitamin B12: 0.13µg (2.1%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.16µg (1.07%)