



Sour Cream Raspberry Swirl Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter softened
- 1 large eggs
- 1 large egg white
- 1.5 cups flour all-purpose
- 2 teaspoons lemon rind grated
- 1.5 teaspoons milk 2% reduced-fat

- 0.3 cup powdered sugar sifted
- 0.3 cup raspberry jam seedless
- 0.1 teaspoon salt
- 0.8 cup cup heavy whipping cream fat-free sour
- 0.8 cup sugar
- 1.1 teaspoons vanilla extract divided
- 3 tablespoons walnuts toasted chopped

Equipment

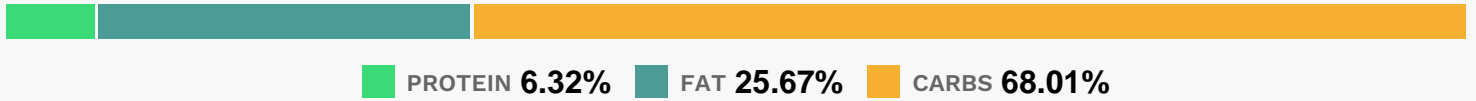
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Combine raspberry jam and walnuts in a small bowl.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt in a bowl, stirring with a whisk.
- Combine sugar, butter, lemon rind, 1 teaspoon vanilla, egg, and egg white in a large bowl; beat with a mixer at medium speed until well blended.
- Add flour mixture and sour cream alternately to sugar mixture, beginning and ending with flour mixture.

- Spread half the batter into an 8 x 4-inch loaf pan coated with cooking spray. Spoon raspberry mixture over top, leaving a 1/4-inch border.
- Spread remaining batter over raspberry mixture.
- Bake at 350 for 55 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- Combine 1/8 teaspoon vanilla , powdered sugar, and milk in a small bowl, stirring well with a whisk.
- Drizzle over loaf.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:21, Inflammation Score:-2, Nutrition Score:4.1673912224562%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 210.99kcal (10.55%), Fat: 6.08g (9.35%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 35.51g (12.91%), Sugar: 19.79g (21.99%), Cholesterol: 27.01mg (9%), Sodium: 147.42mg (6.41%), Alcohol: 0.13g (100%), Alcohol %: 0.23% (100%), Protein: 3.37g (6.73%), Selenium: 8.36µg (11.94%), Manganese: 0.2mg (9.94%), Vitamin B1: 0.14mg (9.4%), Folate: 35.95µg (8.99%), Vitamin B2: 0.15mg (8.65%), Phosphorus: 58.71mg (5.87%), Iron: 0.97mg (5.38%), Calcium: 49.3mg (4.93%), Vitamin B3: 0.98mg (4.88%), Copper: 0.08mg (3.97%), Vitamin A: 178.64IU (3.57%), Fiber: 0.73g (2.92%), Magnesium: 10.35mg (2.59%), Zinc: 0.33mg (2.19%), Potassium: 67.26mg (1.92%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.62%), Vitamin C: 1.29mg (1.57%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.19mg (1.28%)