

Spiced fruit loaf

 Vegetarian

READY IN



160 min.

SERVINGS



16

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 450 g strong flour white for dusting
- ☐ 14 g sachets easy-blend yeast
- ☐ 50 g caster sugar
- ☐ 150 ml warm milk
- ☐ 1 eggs beaten
- ☐ 50 g butter unsalted melted for greasing
- ☐ 16 servings oil for greasing
- ☐ 1.5 tsp ground cinnamon

- ☐ 1 tsp ground ginger
- ☐ 50 g apricots dried chopped
- ☐ 50 g fig dried chopped
- ☐ 50 g date pitted chopped
- ☐ 50 g sultana
- ☐ 50 g glacé cherry chopped
- ☐ 1 juice of orange

Equipment

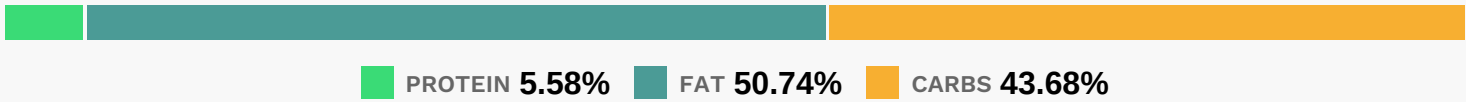
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Soak the dried fruits in the orange juice for about 30 mins, then sieve, reserving the juice.
- ☐ Put the flour, yeast, caster sugar and 1 tsp salt into a large mixing bowl with the spices and soaked fruit and mix well. Make a well in the centre and pour in the warm milk, reserved orange juice, the beaten egg and the melted butter.
- ☐ Mix everything together to form a dough start with a wooden spoon and finish with your hands. If the dough is too dry, add a little more warm water; if its too wet, add more flour.
- ☐ Knead in the bowl or on a floured surface until the dough becomes smooth and springy.
- ☐ Transfer to a clean, lightly greased bowl and cover loosely with a clean, damp tea towel. Leave in a warm place to rise until roughly doubled in size this will take about 1 hr depending on how warm the room is.
- ☐ Knock the dough back by kneading for a few secs. Dust 2 x 2lb loaf tins with flour. Halve the dough. Use a little flour to help you shape each half into a smooth oval, then pop them into the tins. Cover both loosely with a clean, damp tea towel and leave to prove in a warm place for about 20 mins. Meanwhile, heat oven to 180C/160C fan/gas

Bake for 20 mins, then cool in the tins before turning out and slicing.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:21.49, Inflammation Score:-4, Nutrition Score:7.9191304911738%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 305.88kcal (15.29%), Fat: 17.53g (26.97%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 32.05g (11.66%), Sugar: 10.4g (11.56%), Cholesterol: 18.11mg (6.04%), Sodium: 9.84mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin B1: 0.33mg (22.15%), Folate: 75.8µg (18.95%), Vitamin E: 2.73mg (18.18%), Selenium: 10.95µg (15.64%), Manganese: 0.31mg (15.39%), Vitamin B2: 0.22mg (12.7%), Vitamin B3: 2.23mg (11.14%), Vitamin K: 10.91µg (10.39%), Iron: 1.62mg (8.99%), Fiber: 1.91g (7.63%), Phosphorus: 61.74mg (6.17%), Vitamin A: 236.23IU (4.72%), Potassium: 161.85mg (4.62%), Copper: 0.08mg (4.13%), Vitamin B5: 0.39mg (3.86%), Magnesium: 13.32mg (3.33%), Vitamin B6: 0.06mg (3.18%), Vitamin C: 2.31mg (2.8%), Calcium: 27.77mg (2.78%), Zinc: 0.39mg (2.62%), Vitamin D: 0.21µg (1.39%), Vitamin B12: 0.08µg (1.38%)