



# Sweet Florida Orange Breakfast Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 cups flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.8 cup buttermilk at room temperature
- 0.5 cup orange juice freshly squeezed
- 2 teaspoons vanilla extract pure
- 0.5 pound butter unsalted (2 sticks)

- 2 cups sugar
- 4 eggs at room temperature
- 0.3 cup orange zest
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 4 cranberry–orange relish whole for this recipe.

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- pot
- blender
- loaf pan
- toothpicks
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 350F.
- Grease and lightly flour loaf pans.
- In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
- Measure buttermilk, orange juice, and vanilla into a measuring cup. Set aside.
- In a large bowl, use a mixer to beat the butter until creamy.
- Blend in sugar and beat for a few minutes until light and fluffy.
- Mix in eggs, one at a time, and orange zest, and beat until well incorporated.
- With mixer on low, slowly pour in 1/3 of the flour mixture.

- Mix in half of the buttermilk mixture.
- Blend in another 1/3 of the flour mixture and remaining buttermilk mixture.
- Add remaining flour mixture and mix until just blended.
- Divide batter between prepared pans, filling about 3/4 full, and bake for 30 to 35 minutes (45 minutes if using a large loaf pan) or until a toothpick inserted in center comes out clean.
- While loaves bake, prepare orange simple syrup.
- Stir together 1/2 cup orange juice and 1/2 cup brown sugar in a small pot. Bring to a boil over medium heat while occasionally stirring, then reduce heat and simmer for a few minutes.
- Remove pot from heat and set aside to cool.
- When cakes are done, cool for 10 minutes before turning out onto wire rack. Set rack over a sheet pan or piece of foil, and using a brush or a spoon, soak each cake with simple syrup. Allow to cool completely.
- Store in an airtight container or wrap tightly.

## Nutrition Facts

**PROTEIN 4.85%**

**FAT 30.93%**

**CARBS 64.22%**

### Properties

Glycemic Index:22.66, Glycemic Load:32.31, Inflammation Score:-5, Nutrition Score:7.7408695652174%

### Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 9.85mg, Hesperetin: 9.85mg, Hesperetin: 9.85mg, Hesperetin: 9.85mg Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 379.99kcal (19%), Fat: 13.28g (20.44%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 62.05g (20.68%), Net Carbohydrates: 60.46g (21.99%), Sugar: 42.73g (47.47%), Cholesterol: 72.63mg (24.21%), Sodium: 153.85mg (6.69%), Protein: 4.69g (9.38%), Vitamin C: 23.34mg (28.29%), Selenium: 12.38µg (17.69%), Vitamin B1: 0.23mg (15.45%), Folate: 61.79µg (15.45%), Vitamin B2: 0.21mg (12.48%), Vitamin A: 527.68IU (10.55%), Manganese: 0.18mg (9.22%), Iron: 1.47mg (8.18%), Vitamin B3: 1.56mg (7.81%), Phosphorus: 69.59mg (6.96%), Fiber: 1.59g (6.37%), Calcium: 61.49mg (6.15%), Vitamin B5: 0.45mg (4.52%), Potassium: 156.37mg (4.47%), Vitamin D: 0.58µg (3.86%), Copper: 0.07mg (3.75%), Vitamin E: 0.53mg (3.55%), Magnesium: 13.68mg (3.42%), Vitamin B6: 0.06mg (3.23%),

Vitamin B12: 0.17µg (2.9%), Zinc: 0.4mg (2.66%), Vitamin K: 1.14µg (1.08%)