



Aunt Jane's Brown Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



154 kcal

BREAD

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups bread flour
- ☐ 2 cups milk
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white
- ☐ 1.5 cups flour whole wheat

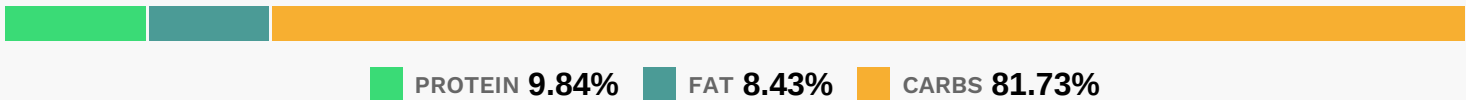
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Butter and flour two 9x5 inch bread pans. Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl combine milk, sugar and molasses.
- ☐ Mix together whole wheat flour, regular flour, salt, baking soda and baking powder.
- ☐ Add to milk mixture and mix well.
- ☐ Pour mixture into bread pans.
- ☐ Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:14.06, Inflammation Score:-2, Nutrition Score:6.5734782426254%

Nutrients (% of daily need)

Calories: 153.86kcal (7.69%), Fat: 1.48g (2.28%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 30.83g (11.21%), Sugar: 15.65g (17.39%), Cholesterol: 3.66mg (1.22%), Sodium: 236.58mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Manganese: 0.71mg (35.66%), Selenium: 14.1µg (20.14%), Magnesium: 47.69mg (11.92%), Calcium: 108.86mg (10.89%), Phosphorus: 102.03mg (10.2%), Potassium: 252.35mg (7.21%), Vitamin B6: 0.14mg (6.96%), Iron: 1.09mg (6.08%), Copper: 0.12mg (5.98%), Fiber: 1.49g (5.95%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.55mg (3.66%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Folate: 8.82µg (2.2%), Vitamin A: 50.66IU (1.01%)