



## Berry English Muffin Bread

 Vegetarian

READY IN



115 min.

SERVINGS



16

CALORIES



140 kcal

### Ingredients

- 1 serving cornmeal
- 3.8 cups flour all-purpose
- 3 tablespoons sugar
- 1 teaspoon salt
- 0.5 teaspoon baking soda
- 1 package yeast dry
- 1.3 cups buttermilk (105°F to 115°F)
- 0.3 cup water (105°F to 115°F)
- 9 oz blueberries mixed dried

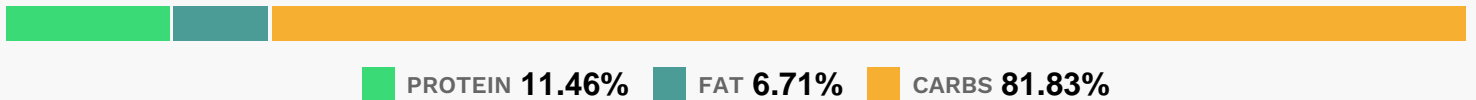
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- serrated knife

## Directions

- Spray 9x5-inch loaf pan with cooking spray, or grease with shortening.
- Sprinkle cornmeal inside of pan to coat.
- In large bowl, mix 2 cups of the flour, the sugar, salt, baking soda and yeast.
- Add warm buttermilk and warm water; beat with spoon until well blended. Stir in remaining 1 3/4 cups flour to form a stiff batter. Stir in berries.
- Spread in pan. Cover loosely, and let rise in warm place about 1 hour or until batter is doubled in size.
- Heat oven to 375°F.
- Bake 25 to 30 minutes or until loaf sounds hollow when tapped. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour. Use serrated knife to cut into slices.

## Nutrition Facts



## Properties

Glycemic Index:17.79, Glycemic Load:19.07, Inflammation Score:-3, Nutrition Score:5.7543478219405%

## Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Petunidin: 5.03mg, Petunidin: 5.03mg, Petunidin: 5.03mg, Petunidin: 5.03mg Delphinidin: 5.65mg, Delphinidin: 5.65mg, Delphinidin: 5.65mg, Delphinidin: 5.65mg Malvidin: 10.78mg, Malvidin: 10.78mg, Malvidin: 10.78mg, Malvidin: 10.78mg Peonidin: 3.24mg, Peonidin:

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## **Nutrients (% of daily need)**

Calories: 139.84kcal (6.99%), Fat: 1.04g (1.6%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 27.11g (9.86%), Sugar: 4.84g (5.38%), Cholesterol: 2.06mg (0.69%), Sodium: 200.49mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin B1: 0.29mg (19.65%), Folate: 65.96µg (16.49%), Selenium: 10.73µg (15.33%), Manganese: 0.26mg (13%), Vitamin B2: 0.2mg (11.88%), Vitamin B3: 2mg (10.02%), Iron: 1.44mg (8%), Fiber: 1.35g (5.4%), Phosphorus: 53.68mg (5.37%), Vitamin K: 3.22µg (3.07%), Copper: 0.06mg (3.02%), Vitamin B5: 0.28mg (2.82%), Calcium: 27.34mg (2.73%), Magnesium: 10.24mg (2.56%), Zinc: 0.36mg (2.38%), Potassium: 75.2mg (2.15%), Vitamin B6: 0.04mg (1.91%), Vitamin C: 1.55mg (1.88%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.44%)