



## Boston Brown Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

## Ingredients

- 1 teaspoon baking soda
- 1.5 cups bread flour
- 0.3 cup blackstrap molasses dark
- 0.5 cup currants dried
- 1 cup milk
- 0.5 teaspoon salt
- 1 tablespoon butter unsalted for greasing

## Equipment

- oven

- mixing bowl
- baking pan
- aluminum foil
- skewers

## Directions

- Preheat the oven to 325 degrees.
- Generously grease a 1-quart pudding mold or 1-pound coffee can.
- Combine the flour, baking soda and salt in a mixing bowl. Stir in the molasses and milk. Fold in the currants.
- Fill the mold or coffee can with batter. It should come up about two-thirds of the way. Cover the top with foil and tie securely with a string to make it airtight.
- Place in a deep baking pan and fill the pan with boiling water, to come halfway up the side of the mold.
- Place in the preheated oven and allow to steam for 2 hours, checking the water level after 1 hour.
- Add more boiling water if needed. Check by sticking a skewer into the bread; it will come out clean when done.
- Remove string and foil and allow to cool for 1 hour before unmolding.
- Jasper White's Cooking from New England by Jasper White
- Biscuit Books

## Nutrition Facts



**PROTEIN 8.92%** **FAT 13.69%** **CARBS 77.39%**

## Properties

Glycemic Index:21.75, Glycemic Load:17.8, Inflammation Score:-3, Nutrition Score:5.5717390853426%

## Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 2.82g (4.34%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 34.89g (12.69%), Sugar: 17.64g (19.6%), Cholesterol: 7.42mg (2.47%), Sodium: 303.46mg (13.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.44mg (22.22%), Selenium: 12.47µg (17.81%), Magnesium: 46.78mg (11.69%), Potassium: 344.58mg (9.85%), Calcium: 78.25mg (7.82%), Vitamin B6: 0.15mg (7.4%), Copper: 0.14mg (6.93%), Phosphorus: 67.22mg (6.72%), Iron: 1.04mg (5.8%), Vitamin B2: 0.07mg (4.11%), Fiber: 0.96g (3.83%), Vitamin B1: 0.06mg (3.74%), Vitamin B5: 0.34mg (3.35%), Vitamin B12: 0.17µg (2.79%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.4mg (2.67%), Vitamin D: 0.36µg (2.41%), Folate: 8.69µg (2.17%), Vitamin A: 100.18IU (2%), Vitamin E: 0.16mg (1.06%)