



Boston Brown Bread I

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



460 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 1 cup blackstrap molasses
- ☐ 0.7 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 2 cups flour whole wheat

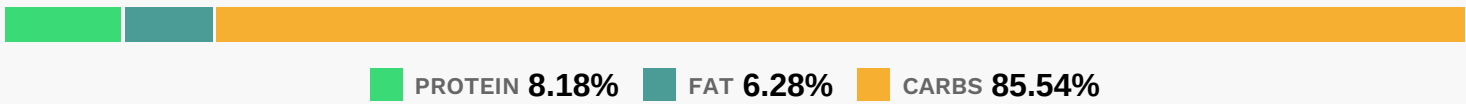
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x5 inch loaf pan.
- ☐ In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda and salt.
- ☐ Mix in molasses and buttermilk. Stir in raisins or currants.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake for 1 hour in the preheated oven, or until a tester inserted into the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:37.66, Inflammation Score:-7, Nutrition Score:22.747391407904%

Nutrients (% of daily need)

Calories: 459.61kcal (22.98%), Fat: 3.33g (5.13%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 102.21g (34.07%), Net Carbohydrates: 96.27g (35.01%), Sugar: 45.1g (50.12%), Cholesterol: 6.6mg (2.2%), Sodium: 368.8mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Manganese: 2.67mg (133.7%), Selenium: 44.1µg (63%), Magnesium: 206.14mg (51.54%), Potassium: 1201.46mg (34.33%), Iron: 5.49mg (30.52%), Vitamin B6: 0.6mg (30.01%), Vitamin B1: 0.43mg (28.91%), Copper: 0.53mg (26.56%), Phosphorus: 245.79mg (24.58%), Fiber: 5.94g (23.75%), Calcium: 205.44mg (20.54%), Vitamin B3: 3.97mg (19.84%), Vitamin B2: 0.3mg (17.8%), Folate: 59.21µg (14.8%), Zinc: 1.61mg (10.71%), Vitamin B5: 1.02mg (10.19%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.6%), Vitamin E: 0.34mg (2.26%), Vitamin A: 102.6IU (2.05%), Vitamin C: 0.87mg (1.05%)