

Boston Brown Bread III

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



395 kcal

BREAD

Ingredients

- 2 teaspoons baking soda
- 0.7 cup brown sugar packed
- 2 cups buttermilk
- 1 cup flour all-purpose
- 0.3 cup blackstrap molasses
- 1 teaspoon salt
- 2 cups flour whole wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan, knocking out excess flour.
- In a large bowl, whisk together whole wheat flour, all-purpose flour, baking soda, and brown sugar.
- Mix in molasses and buttermilk until just combined.
- Pour batter into prepared pan.
- Bake for one hour, or until done. Cool on a wire rack for 5 minutes, and then remove from pan. Cool completely before slicing.

Nutrition Facts



■ PROTEIN **9.86%** ■ FAT **8.55%** ■ CARBS **81.59%**

Properties

Glycemic Index:25, Glycemic Load:17.33, Inflammation Score:-6, Nutrition Score:18.085652195889%

Nutrients (% of daily need)

Calories: 395.04kcal (19.75%), Fat: 3.87g (5.95%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 83.06g (27.69%), Net Carbohydrates: 78.22g (28.44%), Sugar: 38.32g (42.58%), Cholesterol: 8.8mg (2.93%), Sodium: 849.64mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Manganese: 2mg (100.18%), Selenium: 37.54µg (53.63%), Vitamin B1: 0.41mg (27.18%), Magnesium: 103.57mg (25.89%), Phosphorus: 238.63mg (23.86%), Fiber: 4.84g (19.37%), Iron: 3.27mg (18.17%), Vitamin B2: 0.31mg (18.05%), Vitamin B3: 3.44mg (17.21%), Calcium: 158.04mg (15.8%), Vitamin B6: 0.3mg (15.24%), Folate: 59.97µg (14.99%), Copper: 0.29mg (14.71%), Potassium: 513.09mg (14.66%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.78mg (7.82%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.37µg (6.13%), Vitamin A: 135.6IU (2.71%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.06µg (1.01%)