



## Boston Brown Bread with Dried Fruit

READY IN



80 min.

SERVINGS



16

CALORIES



152 kcal

### Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup flour whole wheat
- ☐ 0.5 cup cornmeal
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 eggs fat-free
- ☐ 2 tablespoons butter softened
- ☐ 1 cup nonfat buttermilk fat-free
- ☐ 0.8 cup raisins dried diced
- ☐ 2 tablespoons butter melted

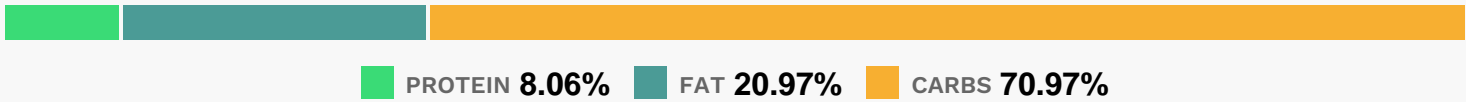
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

# Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8x4-inch loaf pan with shortening or spray bottom with cooking spray; coat with flour.
- ☐ In medium bowl, mix flours, cornmeal and baking soda. In another medium bowl, beat molasses, egg and 2 tablespoons softened butter with electric mixer on medium speed about 3 minutes or until well mixed. Beat in flour mixture alternately with buttermilk until mixed. Stir in dried fruits.
- ☐ Pour into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center of crack comes out clean. Cool in pan 10 minutes. Run knife around edges of loaf to loosen; remove from pan to wire rack.
- ☐ Brush with 2 teaspoons melted butter.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:15.39, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:5.4930434972048%

# Nutrients (% of daily need)

Calories: 152.02kcal (7.6%), Fat: 3.64g (5.59%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 25.94g (9.43%), Sugar: 8.74g (9.71%), Cholesterol: 10.53mg (3.51%), Sodium: 125.18mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Manganese: 0.49mg (24.7%), Selenium: 9.18µg (13.12%), Magnesium: 42.7mg (10.68%), Iron: 1.43mg (7.97%), Vitamin B1: 0.12mg (7.86%), Potassium: 259.87mg (7.42%), Vitamin B6: 0.14mg (7.2%), Fiber: 1.74g (6.97%), Copper: 0.12mg (6.01%), Phosphorus: 54.31mg (5.43%), Vitamin B3: 1.04mg (5.2%), Folate: 19.99µg (5%), Vitamin B2: 0.08mg (4.64%), Calcium: 31.39mg (3.14%), Zinc: 0.43mg (2.89%), Vitamin A: 140.55IU (2.81%), Vitamin B5: 0.23mg (2.31%), Vitamin E: 0.2mg (1.34%)