



Brown Bread with Maple Cream

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



264 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup maple syrup divided
- ☐ 0.3 cup blackstrap molasses
- ☐ 8 ounce neufchâtel cheese
- ☐ 1 cup nonfat buttermilk
- ☐ 0.3 cup rye flour

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup flour whole-wheat
- ☐ 0.5 cup cornmeal yellow

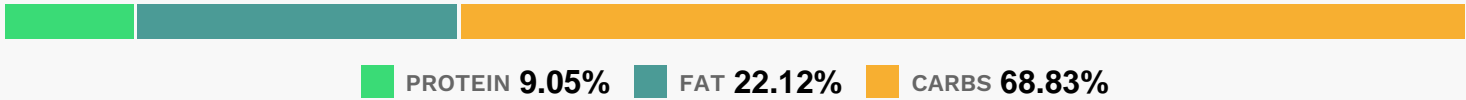
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients in a large bowl; stir well. Stir in dried cranberries.
- ☐ Add buttermilk, molasses, and 1/3 cup maple syrup to dry ingredients, stirring just until moistened.
- ☐ Pour batter into a 13-ounce coffee can heavily coated with cooking spray. Cover with aluminum foil; secure foil with a rubber band.
- ☐ Place can on a shallow rack in a large, deep stockpot; add enough water to pot to come halfway up sides of can, and bring to a boil. Cover pot, and steam bread in boiling water for 2 hours, adding boiling water as needed.
- ☐ Remove can from water; let bread cool in can on a wire rack for 10 minutes.
- ☐ Remove bread from can.
- ☐ Combine Neufchtel cheese and remaining maple syrup; beat well with a mixer.
- ☐ Cut bread crosswise into 9 slices, and serve with maple cream cheese.

Nutrition Facts



Properties

Glycemic Index:38.11, Glycemic Load:16.51, Inflammation Score:-4, Nutrition Score:8.9969564987266%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 264kcal (13.2%), Fat: 6.6g (10.15%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 43.89g (15.96%), Sugar: 25.64g (28.48%), Cholesterol: 19.17mg (6.39%), Sodium: 280.01mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Manganese: 1.06mg (53.05%), Vitamin B2: 0.32mg (19.09%), Selenium: 10.42µg (14.88%), Magnesium: 58.65mg (14.66%), Phosphorus: 103.86mg (10.39%), Calcium: 102.58mg (10.26%), Vitamin B1: 0.15mg (9.71%), Potassium: 333.75mg (9.54%), Vitamin B6: 0.19mg (9.28%), Fiber: 2.3g (9.22%), Iron: 1.6mg (8.86%), Copper: 0.14mg (6.93%), Zinc: 0.93mg (6.2%), Vitamin B3: 1.22mg (6.08%), Folate: 23.14µg (5.78%), Vitamin A: 212.53IU (4.25%), Vitamin B5: 0.39mg (3.92%), Vitamin E: 0.32mg (2.13%), Vitamin B12: 0.08µg (1.26%), Vitamin K: 1.1µg (1.05%)