



Brown Butter Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3.5 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.8 cups buttermilk
- ☐ 1 egg whites beaten to blend
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.8 teaspoon pepper black for topping
- ☐ 0.5 cup oats

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup butter unsalted ()

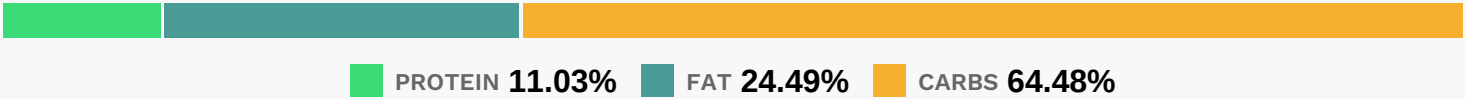
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Position rack in center of oven and preheat to 375°F. Stir butter in heavy small saucepan over medium heat until melted and golden brown, about 3 minutes.
- ☐ Remove from heat.
- ☐ Stir flour, oats, sugar, rosemary, baking powder, baking soda, salt, and 3/4 teaspoon pepper in large bowl to blend.
- ☐ Pour buttermilk and melted browned butter over flour mixture; stir with fork until flour mixture is moistened.
- ☐ Turn dough out onto floured work surface. Knead gently until dough comes together, about 7 turns. Divide in half. Shape each half into ball; flatten each into 6-inch round.
- ☐ Place rounds on ungreased baking sheet, spacing 5 inches apart.
- ☐ Brush tops with beaten egg white.
- ☐ Sprinkle lightly with ground black pepper. Using small sharp knife, cut 1/2-inch-deep X in top of each dough round.
- ☐ Bake breads until deep golden brown and tester inserted into center comes out clean, about 45 minutes. Cool breads on rack at least 30 minutes.
- ☐ Serve warm or at room temperature.
- ☐ You'll get the most tender soda bread by kneading the dough gently and briefly, just until it comes together, so the gluten is minimally developed.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:16.74, Inflammation Score:-3, Nutrition Score:5.6530434760549%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 155.37kcal (7.77%), Fat: 4.19g (6.45%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 23.81g (8.66%), Sugar: 2.14g (2.38%), Cholesterol: 10.51mg (3.5%), Sodium: 298.57mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Selenium: 11.39µg (16.28%), Vitamin B1: 0.24mg (15.94%), Manganese: 0.29mg (14.67%), Folate: 52.5µg (13.12%), Vitamin B2: 0.19mg (11.42%), Vitamin B3: 1.67mg (8.36%), Iron: 1.46mg (8.11%), Phosphorus: 74.55mg (7.46%), Calcium: 66.88mg (6.69%), Fiber: 1.04g (4.15%), Magnesium: 12.83mg (3.21%), Copper: 0.06mg (2.93%), Vitamin A: 136.12IU (2.72%), Vitamin D: 0.39µg (2.63%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.26mg (2.58%), Potassium: 80mg (2.29%), Vitamin B12: 0.13µg (2.14%), Vitamin B6: 0.02mg (1.25%)