

Brown Butter Soda Bread

Vegetarian







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

O.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

PROTEIN 11.03% FAT 24.49% CARBS 64.48%

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 %: O% (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%)