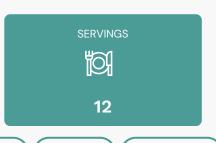
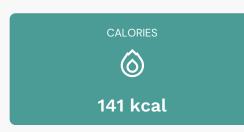


## **Brown Soda Bread**

Vegetarian







MORNING MEAL

BRUNCH

**BREAKFAST** 

DESSERT

## Ingredients

0.5 teaspoon salt

2 teaspoons double-acting baking powder
1 teaspoon baking soda
2 tablespoons brown sugar
2 tablespoons butter chilled cut into small pieces
1 teaspoon caraway seeds
1 cup flour all-purpose
1.3 cups buttermilk low-fat

Equipment   bowl   baking sheet   oven   knife   wire rack   blender   measuring cup		2 cups flour whole wheat	
baking sheet oven knife wire rack blender measuring cup  Directions Preheat oven to 35 Lightly spoon flours into a dry measuring cup; level with a knife. Combine whole wheat flour and next 6 ingredients (whole wheat flour through salt) in a large bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Make a well in center of flour mixture; add buttermilk. Stir just until moist. Turn dough out onto a lightly floured surface; knead lightly 5 or 6 times. Pat dough into an 8-inch circle on a baking sheet lightly coated with cooking spray. Using a sharp knife, score dough by making 2 lengthwise cuts 1/4 inch deep across the top of the loaf to form an X.  Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool or a wire rack.  Cut into 12 wedges.  Nutrition Facts	Εq	uipment	
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Glycemic Index:18.08, Glycemic Load:5.92, Inflammation Score:-3, Nutrition Score:7.5978260312391%

## Nutrients (% of daily need)

Calories: 141.15kcal (7.06%), Fat: 2.79g (4.29%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.29g (8.47%), Sugar: 3.25g (3.61%), Cholesterol: 6.02mg (2.01%), Sodium: 311.96mg (13.56%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.6g (9.2%), Manganese: 0.89mg (44.44%), Selenium: 16.46µg (23.52%), Vitamin B1: 0.19mg (12.76%), Phosphorus: 121.09mg (12.11%), Fiber: 2.49g (9.94%), Magnesium: 33.28mg (8.32%), Vitamin B3: 1.63mg (8.15%), Calcium: 79.96mg (8%), Iron: 1.33mg (7.4%), Vitamin B2: 0.12mg (7.32%), Folate: 29.22µg (7.3%), Copper: 0.1mg (5.12%), Vitamin B6: 0.1mg (4.8%), Zinc: 0.71mg (4.73%), Potassium: 127.12mg (3.63%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.22mg (1.46%), Vitamin A: 72.46IU (1.45%)