

## Brown Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups buttermilk low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup irish oats (such as McCann's)

- ☐ 1 tablespoon wheat germ
- ☐ 2.5 cups flour whole-wheat

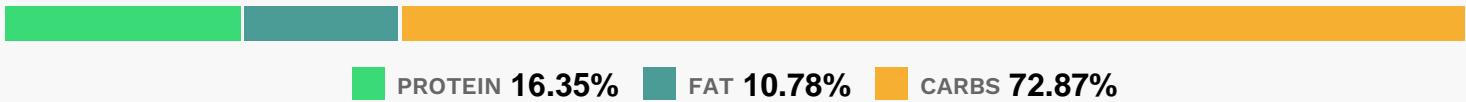
## Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ Coat a 9 x 5inch loaf pan with cooking spray. Line the pan with parchment paper, and coat with cooking spray.
- ☐ Weigh or lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and next 6 ingredients (through salt).
- ☐ Combine buttermilk and egg; add to flour mixture. Stir just until combined.
- ☐ Spoon the mixture into prepared pan.
- ☐ Bake at 325 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Invert bread onto a wire rack; cool completely.
- ☐ Remove parchment; slice bread into 12 slices.

## Nutrition Facts



## Properties

Glycemic Index:18.67, Glycemic Load:5.05, Inflammation Score:-3, Nutrition Score:9.1578260517639%

Nutrients (% of daily need)

Calories: 161.08kcal (8.05%), Fat: 2.01g (3.09%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 26.99g (9.82%), Sugar: 3.99g (4.43%), Cholesterol: 17.1mg (5.7%), Sodium: 289.76mg (12.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Manganese: 1.12mg (55.84%), Selenium: 19.68µg (28.12%), Phosphorus: 149.97mg (15%), Fiber: 3.61g (14.44%), Vitamin B1: 0.19mg (12.69%), Magnesium: 41.66mg (10.42%), Iron: 1.59mg (8.84%), Vitamin B2: 0.15mg (8.82%), Calcium: 82.83mg (8.28%), Vitamin B3: 1.61mg (8.03%), Vitamin B6: 0.13mg (6.58%), Folate: 25.8µg (6.45%), Zinc: 0.97mg (6.44%), Copper: 0.12mg (6.1%), Potassium: 169.31mg (4.84%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.13µg (2.08%), Vitamin E: 0.24mg (1.63%)