

Brown Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 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
- ☐ 0.5 teaspoon salt

☐ 2 cups flour whole wheat

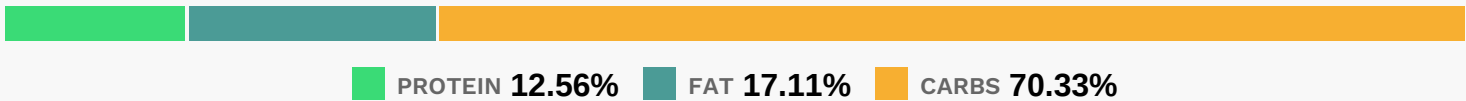
Equipment

- ☐ bowl
- ☐ 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 on a wire rack.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

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 %: 0% (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%)