



## Buttermilk Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 0.3 cup butter melted
- 2 large egg whites
- 2 cups flour all-purpose
- 1.5 cups buttermilk low-fat
- 0.5 teaspoon salt
- 2 tablespoons sugar

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- measuring cup

## Directions

- Preheat oven to 35
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, baking soda, and salt in a large bowl; make a well in center of mixture.
- Combine buttermilk, butter, and egg whites, stirring with a whisk.
- Add to flour mixture, stirring just until moist.
- Spread batter into an 8 x 4inch loaf pan coated with cooking spray.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



**PROTEIN 11.47%** **FAT 29.84%** **CARBS 58.69%**

## Properties

Glycemic Index:16.26, Glycemic Load:12.9, Inflammation Score:-2, Nutrition Score:3.9682608933552%

## Nutrients (% of daily need)

Calories: 132.3kcal (6.62%), Fat: 4.38g (6.73%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 18.81g (6.84%), Sugar: 3.53g (3.92%), Cholesterol: 11.37mg (3.79%), Sodium: 272.47mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.17mg (11.61%), Vitamin B2: 0.18mg (10.31%), Folate: 39.99µg (10%), Manganese: 0.14mg (7.18%), Vitamin B3: 1.26mg (6.28%), Iron: 0.99mg (5.49%), Phosphorus: 51.16mg (5.12%), Calcium: 39.53mg (3.95%), Vitamin A: 132.28IU

(2.65%), Fiber: 0.56g (2.25%), Potassium: 77.75mg (2.22%), Magnesium: 8.59mg (2.15%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.28mg (1.85%), Copper: 0.03mg (1.74%), Vitamin B12: 0.08µg (1.32%)