



Colonial Brown Bread

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



306 kcal

BREAD

Ingredients

- 4 teaspoons baking soda
- 1 cup brown sugar packed
- 4 cups buttermilk
- 1.3 cups flour all-purpose
- 1 teaspoon salt
- 4 cups flour whole wheat

Equipment

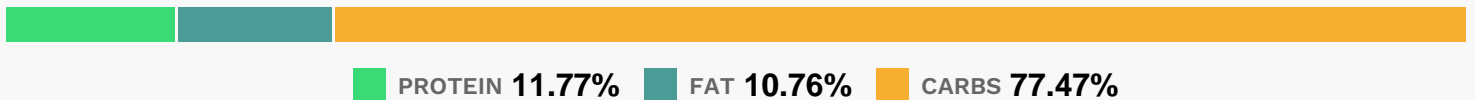
- bowl

- oven
- knife
- plastic wrap
- loaf pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans.
- In a large bowl, stir together the whole wheat flour, all-purpose flour, brown sugar, baking soda, and salt.
- Pour in buttermilk, and stir until all of the dry mixture has been absorbed. Divide the batter evenly between the prepared loaf pans.
- Bake for 1 hour in the preheated oven, or until a knife inserted into the crown of the loaf comes out clean.
- Serve warm. Store leftover bread wrapped in plastic wrap in the refrigerator. This reheats well.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:8.88, Inflammation Score:-5, Nutrition Score:15.046521684398%

Nutrients (% of daily need)

Calories: 305.82kcal (15.29%), Fat: 3.78g (5.82%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 61.28g (20.43%), Net Carbohydrates: 56.62g (20.59%), Sugar: 21.89g (24.32%), Cholesterol: 8.8mg (2.93%), Sodium: 648.8mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Manganese: 1.74mg (86.85%), Selenium: 32.61µg (46.59%), Vitamin B1: 0.35mg (23.16%), Phosphorus: 226.53mg (22.65%), Fiber: 4.66g (18.62%), Magnesium: 67.51mg (16.88%), Vitamin B2: 0.27mg (16.01%), Vitamin B3: 2.89mg (14.47%), Iron: 2.24mg (12.45%), Calcium: 123.02mg (12.3%), Folate: 47.2µg (11.8%), Copper: 0.21mg (10.64%), Vitamin B6: 0.21mg (10.26%), Zinc: 1.45mg (9.65%), Potassium: 292.48mg (8.36%), Vitamin D: 1.04µg (6.93%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.37µg (6.13%), Vitamin A: 135.6IU (2.71%), Vitamin E: 0.35mg (2.32%)