

MATTERS

A Guide to Conscious Eating®



Cook the Book: Hybrid Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons honey
- ☐ 0.3 cup olive oil plus more for the pan
- ☐ 1.5 teaspoons sea salt plus more for sprinkling
- ☐ 0.8 cup water
- ☐ 1 cup flour white all-purpose as needed plus more
- ☐ 2 cups flour whole wheat plus more if needed

☐ 0.8 cup buttermilk

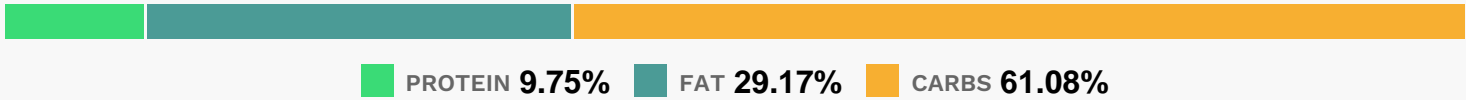
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Process for a few seconds, until the dough is a well-defined, barely sticky, easy-to-handle ball. If it is too dry, add the remaining water 1 tablespoon at a time and process for 5 or 10 seconds after each addition. If it is too wet (this is unlikely), add 1 or 2 tablespoons of whole wheat flour and process briefly.
- ☐ Form the dough into a round and put it on the cookie sheet or press into the prepared pan, all the way to the edges.
- ☐ Bake for 20 minutes then sprinkle the top with a little coarse sea salt, and continue baking for another 35 to 40 minutes, until the loaf is firm and a toothpick inserted in the center comes out clean.
- ☐ Let cool completely, then cut the bread into slices or squares and serve or store for up to a day.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:23.58, Inflammation Score:-6, Nutrition Score:22.450000210787%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 499.3kcal (24.96%), Fat: 16.8g (25.84%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 79.12g (26.37%), Net Carbohydrates: 71.83g (26.12%), Sugar: 11.15g (12.39%), Cholesterol: 4.95mg (1.65%), Sodium: 1674.64mg

(72.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Manganese: 2.67mg (133.31%), Selenium: 49.44µg (70.62%), Phosphorus: 385.21mg (38.52%), Vitamin B1: 0.57mg (37.84%), Calcium: 343.89mg (34.39%), Fiber: 7.29g (29.17%), Vitamin B3: 4.87mg (24.36%), Magnesium: 95.47mg (23.87%), Iron: 4.25mg (23.59%), Folate: 86.05µg (21.51%), Vitamin B2: 0.33mg (19.69%), Vitamin E: 2.42mg (16.14%), Copper: 0.31mg (15.71%), Vitamin B6: 0.28mg (13.83%), Zinc: 1.98mg (13.2%), Potassium: 318.66mg (9.1%), Vitamin K: 9.5µg (9.04%), Vitamin B5: 0.68mg (6.77%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.45%), Vitamin A: 79.65IU (1.59%)