



Easy English Muffin Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



122 kcal

Ingredients

- 1 teaspoons cornmeal yellow
- 1.5 cups flour all-purpose
- 0.5 cup flour whole wheat
- 1 teaspoon brown sugar packed
- 0.5 teaspoon salt
- 0.1 teaspoon baking soda
- 1 package yeast dry
- 0.7 cup water
- 0.5 cup nonfat buttermilk fat-free

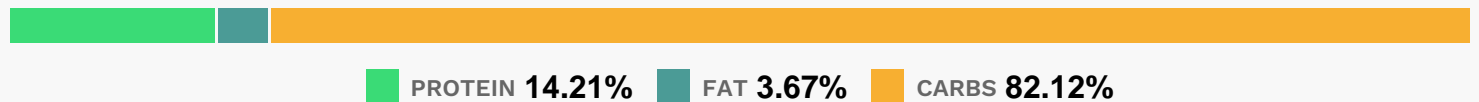
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- loaf pan

Directions

- Spray loaf pan, 8 1/2x4 1/2x2 1/2 inches, with nonstick cooking spray.
- Sprinkle cornmeal evenly in pan.
- Mix flours, brown sugar, salt, baking soda and yeast in medium bowl until blended.
- Combine water and buttermilk in 1 quart sauce pan.
- Heat to 120°–130°; add to flour mixture. Beat on medium speed 1 minute, scraping sides of bowl frequently, until blended. (Batter will be sticky.)
- Spread batter evenly in pan. Cover and let rise in warm place about 30 to 45 minutes or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 400°.
- Bake 25 to 30 minutes or until light brown; remove from pan. Cool on wire rack, slice. Wrap and freeze any unused slices. Can be toasted from frozen.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:13.05, Inflammation Score:-2, Nutrition Score:6.0760869489092%

Nutrients (% of daily need)

Calories: 122.14kcal (6.11%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 23.42g (8.52%), Sugar: 1.32g (1.47%), Cholesterol: 0.3mg (0.1%), Sodium: 178.25mg (7.75%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Manganese: 0.47mg (23.49%), Vitamin B1: 0.32mg (21.24%), Selenium: 12.67µg (18.1%), Folate: 66.76µg (16.69%), Vitamin B3: 2.11mg (10.57%), Vitamin B2: 0.16mg (9.61%), Iron: 1.39mg (7.72%), Fiber: 1.69g (6.78%), Phosphorus: 58.24mg (5.82%), Magnesium: 16.42mg (4.1%), Copper: 0.07mg (3.62%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.06mg (2.78%), Vitamin B5: 0.27mg (2.68%), Potassium: 62.16mg (1.78%)