



Five-Grain Buttermilk-Cranberry Bread (White Whole Wheat Flour)

READY IN



50 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup rolled oats
- ☐ 3 cups flour whole wheat white
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cream of tartar
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup butter cold cut into small pieces
- ☐ 0.5 cup cranberries dried

- ☐ 1 eggs
- ☐ 1.5 cups buttermilk

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ serrated knife

Directions

- ☐ Heat oven to 375°F. Grease cookie sheet with shortening or cooking spray. Reserve 1 tablespoon of the cereal.
- ☐ In large bowl, mix remaining cereal, the flour, brown sugar, baking soda, cream of tartar and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in dried cranberries.
- ☐ In small bowl, beat egg and buttermilk with whisk until well blended. Reserve 1 tablespoon buttermilk mixture. Stir remaining buttermilk mixture into dry ingredients, stirring just until mixture is moistened; dough will be soft. On floured surface, knead dough 5 or 6 times.
- ☐ On large cookie sheet, shape dough into 7-inch round.
- ☐ Cut large X shape, 1/4 inch deep, into top of dough, using sharp knife.
- ☐ Brush top of dough with reserved buttermilk mixture; sprinkle with reserved cereal.
- ☐ Bake 35 to 40 minutes or until top is golden brown. Cool 30 minutes. Using serrated knife, cut into slices or wedges to serve.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:4.1365217445013%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 222.78kcal (11.14%), Fat: 6.15g (9.45%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 33.49g (12.18%), Sugar: 11.14g (12.38%), Cholesterol: 16.94mg (5.65%), Sodium: 320.34mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Fiber: 3.95g (15.8%), Manganese: 0.27mg (13.28%), Calcium: 67.12mg (6.71%), Iron: 1.14mg (6.31%), Phosphorus: 62.21mg (6.22%), Selenium: 4.29µg (6.13%), Vitamin B2: 0.08mg (4.82%), Vitamin A: 238.46IU (4.77%), Potassium: 156.89mg (4.48%), Magnesium: 13.67mg (3.42%), Vitamin B1: 0.05mg (3.19%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.18µg (2.92%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.34mg (2.27%), Copper: 0.04mg (2.16%), Vitamin B6: 0.03mg (1.43%), Folate: 5.49µg (1.37%)