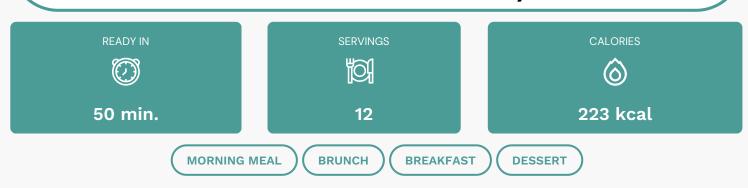


Five-Grain Buttermilk-Cranberry Bread (White Whole Wheat Flour)



Ingredients

1 cup rolled oats

3 cups flour whole wheat white
O.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 crapherries dried

PROTEIN 11.06% FAT 23.99% CARBS 64.95%
Nutrition Facts
Bake 35 to 40 minutes or until top is golden brown. Cool 30 minutes. Using serrated knife, cut into slices or wedges to serve.
Brush top of dough with reserved buttermilk mixture; sprinkle with reserved cereal.
Cut large X shape, 1/4 inch deep, into top of dough, using sharp knife.
On large cookie sheet, shape dough into 7-inch round.
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.
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 large bowl, mix remaining cereal, the flour, brown sugar, baking soda, cream of tartar and salt.
Heat oven to 375°F. Grease cookie sheet with shortening or cooking spray. Reserve 1 tablespoon of the cereal.
rections
serrated knife
blender
whisk
knife
oven
baking sheet
bowl
quipment
1.5 cups buttermilk
1 eggs

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 Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.23mg, 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 %: O% (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%)