



Five-Grain Quick Bread

READY IN



50 min.

SERVINGS



12

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup oats
- ☐ 2 cups flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cream of tartar
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup butter firm cut into small pieces
- ☐ 0.5 cup golden raisins

- ☐ 1 eggs
- ☐ 1.5 cups buttermilk

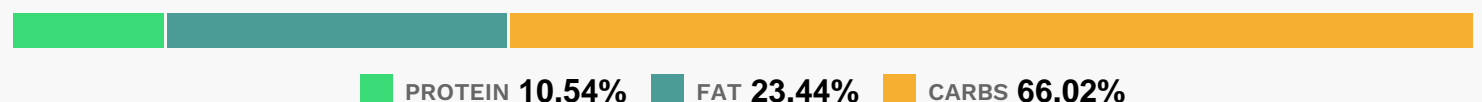
Equipment

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

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 flours, 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 course crumbs. Stir in raisins.
- ☐ In small bowl, beat egg and buttermilk with wire whisk until well blended. Reserve 1 tablespoon buttermilk mixture. Stir remaining buttermilk mixture into dry ingredients, stirring just until mixture is moistened. On floured surface, knead dough 5 or 6 times until dough is combined and holds together.
- ☐ On cookie sheet, shape and press dough into 7-inch round.
- ☐ Cut large X, 1/4 inch deep, into top of dough, using sharp knife.
- ☐ Brush top of dough with reserved buttermilk mixture; sprinkle with reserved cereal.
- ☐ Bake 30 to 35 minutes or until top is golden brown and loaf sounds hollow when tapped. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:10.097826131012%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 231.48kcal (11.57%), Fat: 6.22g (9.57%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 36.06g (13.11%), Sugar: 11.16g (12.4%), Cholesterol: 16.94mg (5.65%), Sodium: 321.42mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Manganese: 1.16mg (57.77%), Selenium: 20.2µg (28.85%), Vitamin B1: 0.23mg (15.32%), Phosphorus: 151.41mg (15.14%), Fiber: 3.35g (13.38%), Magnesium: 45.27mg (11.32%), Vitamin B2: 0.18mg (10.39%), Iron: 1.73mg (9.59%), Vitamin B3: 1.79mg (8.94%), Folate: 33.54µg (8.38%), Copper: 0.16mg (7.95%), Potassium: 250.23mg (7.15%), Zinc: 1.02mg (6.82%), Vitamin B6: 0.13mg (6.61%), Calcium: 58.23mg (5.82%), Vitamin A: 240.26IU (4.81%), Vitamin B5: 0.43mg (4.33%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.18µg (2.92%), Vitamin E: 0.39mg (2.6%)