



Four Provinces Brown Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons butter melted
- 1.5 cups buttermilk
- 1 tablespoon cream of tartar
- 1 eggs
- 1 cup flour all-purpose
- 3 tablespoons blackstrap molasses
- 2 tablespoons wheat bran

3 cups flour whole wheat

Equipment

bowl

baking sheet

oven

knife

whisk

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease two baking sheets.

Whisk together the egg, buttermilk, and molasses in a bowl until evenly blended; set aside. Stir together the whole wheat flour, all-purpose flour, bran, cream of tartar, and baking soda in a separate large bowl, and make a well in the center.

Pour the buttermilk mixture into the well, and stir until a soft dough forms. Stir in the golden raisins, then turn the dough out onto a well floured work surface, and knead 8 to 10 times before dividing into two round balls.

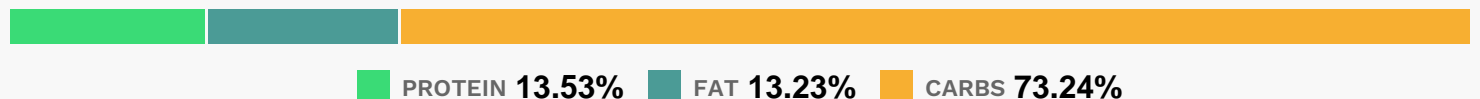
Place the balls on the baking sheets and use a sharp knife to cut a 1/2 inch deep X into the tops of the dough balls.

Brush with melted butter.

Place the loaves into the preheated oven, and reduce the temperature to 325 degrees F (165 degrees C).

Bake for 25 to 30 minutes until golden brown. Wrap the loaves in light cotton towels for 10 minutes after they are removed from the oven.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:9.8552173764809%

Nutrients (% of daily need)

Calories: 144.55kcal (7.23%), Fat: 2.23g (3.44%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.42g (8.88%), Sugar: 4.03g (4.48%), Cholesterol: 14.05mg (4.68%), Sodium: 102.46mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Manganese: 1.24mg (62.09%), Selenium: 20.34µg (29.06%), Magnesium: 55.52mg (13.88%), Fiber: 3.41g (13.65%), Phosphorus: 133.36mg (13.34%), Vitamin B1: 0.2mg (13.15%), Potassium: 353.4mg (10.1%), Vitamin B3: 1.89mg (9.43%), Iron: 1.63mg (9.08%), Vitamin B2: 0.14mg (8.11%), Vitamin B6: 0.16mg (7.85%), Copper: 0.15mg (7.48%), Folate: 28.09µg (7.02%), Zinc: 0.91mg (6.07%), Calcium: 45.5mg (4.55%), Vitamin B5: 0.37mg (3.69%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.25mg (1.67%), Vitamin A: 69.79IU (1.4%)