



Graham Cracker Brown Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 1 large eggs
- ☐ 1 cup buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1 cup graham cracker crumbs
- ☐ 4 teaspoons graham cracker crumbs

- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt

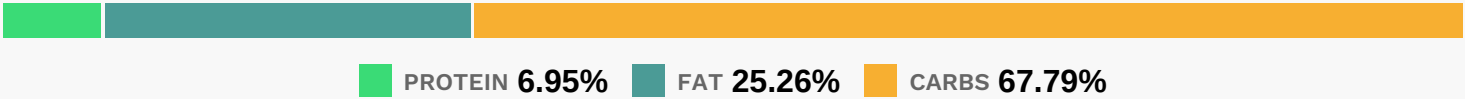
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Coat an 8 x 4-inch loaf pan with cooking spray; dust with 4 teaspoons crumbs.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking soda, nutmeg, and salt in large bowl, stirring with a whisk.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth (about 1 minute). Gradually add 1 cup crumbs; beat until well combined (about 2 minutes).
- ☐ Add egg, and beat 1 minute.
- ☐ Add molasses, and beat until well combined.
- ☐ Beating at low speed, add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture; beat just until blended. Stir in raisins.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:18.62, Inflammation Score:-3, Nutrition Score:4.8204348113226%

Nutrients (% of daily need)

Calories: 185.81kcal (9.29%), Fat: 5.34g (8.21%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 30.78g (11.19%), Sugar: 10.07g (11.18%), Cholesterol: 26.06mg (8.69%), Sodium: 306.75mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.25mg (12.64%), Selenium: 6.6µg (9.43%), Iron: 1.68mg (9.31%), Magnesium: 34.59mg (8.65%), Vitamin B1: 0.12mg (8.09%), Potassium: 270.33mg (7.72%), Vitamin B2: 0.12mg (6.78%), Folate: 25.64µg (6.41%), Vitamin B3: 1.17mg (5.86%), Fiber: 1.43g (5.73%), Vitamin B6: 0.11mg (5.31%), Copper: 0.1mg (5.22%), Phosphorus: 50.46mg (5.05%), Calcium: 37.38mg (3.74%), Vitamin A: 140.85IU (2.82%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.2mg (1.95%), Vitamin C: 0.89mg (1.08%), Vitamin E: 0.16mg (1.06%)