



Irish Brown Bread

READY IN



45 min.

SERVINGS



14

CALORIES



275 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 tablespoons butter cold
- 1 cup flour all-purpose
- 14 servings milk
- 1.5 cups yogurt plain
- 0.3 cup oats
- 0.5 teaspoon salt
- 2 tablespoons sugar

2 cups flour whole-wheat

Equipment

bowl

baking sheet

oven

knife

blender

Directions

In a bowl, mix all-purpose flour, sugar, baking powder, baking soda, and salt. With a pastry blender or 2 knives, cut in butter until mixture forms fine crumbs. Stir in whole-wheat flour and oats.

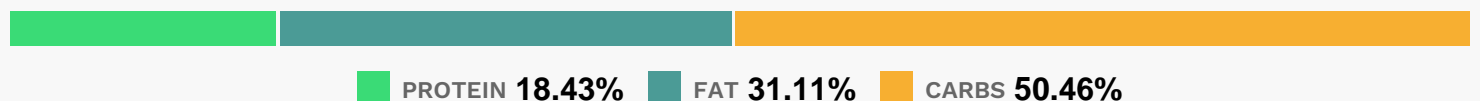
Add yogurt; stir gently. If mixture is too dry to hold together, stir in milk, 1 teaspoon at a time, just until dough holds together; it should not be sticky.

Turn dough onto a lightly floured board and knead gently 5 times to make a ball. Set on a lightly greased baking sheet. Pat into a 7-inch circle. With a floured knife, cut a large X on top of loaf.

Bake in a 375 oven until well browned, about 40 minutes. Cool on a rack.

Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:11.08, Inflammation Score:-5, Nutrition Score:15.240869393815%

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 9.68g (14.9%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 33.14g (12.05%), Sugar: 15.58g (17.31%), Cholesterol: 29.81mg (9.94%), Sodium: 319.17mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.81%), Manganese: 0.83mg (41.59%), Calcium: 377.51mg (37.75%), Phosphorus: 371.73mg (37.17%), Selenium: 19.71µg (28.15%), Vitamin B2: 0.47mg

(27.83%), Vitamin B12: 1.48µg (24.65%), Vitamin B1: 0.31mg (20.89%), Vitamin D: 2.68µg (17.89%), Magnesium: 63.75mg (15.94%), Potassium: 510.64mg (14.59%), Vitamin B5: 1.23mg (12.32%), Zinc: 1.81mg (12.07%), Vitamin B6: 0.24mg (11.9%), Vitamin A: 452.32IU (9.05%), Fiber: 2.21g (8.85%), Vitamin B3: 1.68mg (8.39%), Folate: 27.51µg (6.88%), Iron: 1.16mg (6.42%), Copper: 0.1mg (4.75%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.18µg (1.13%)