



WHATShEATe



Irish Brown Bread



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

BREAD

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1.5 Teaspoon baking soda
- ☐ 1.8 cups buttermilk
- ☐ 2 Tablespoons honey
- ☐ 0.5 cup oats quick
- ☐ 0.8 Teaspoon salt
- ☐ 0.5 cup wheat germ
- ☐ 1.5 cups flour whole-wheat

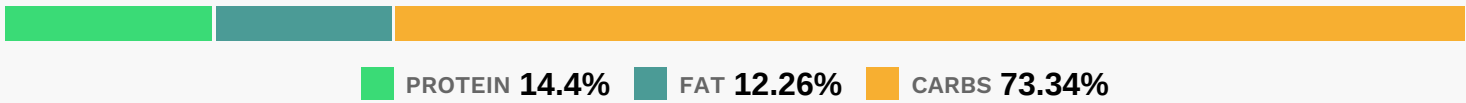
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F/220C for 15 minutes. In bowl, combine all-purpose flour, whole-wheat flour, quick oats, wheat germ, baking soda, and salt.In small bowl, mix buttermilk with honey.
- ☐ Add liquid ingredients to flour mixture; stir to combine.Turn dough out onto floured surface and shape into a circle.
- ☐ Place on a greased baking sheet and bake for 15 minutes.Reduce temperature to 400°F and bake 15 minutes more or until the bread sounds hollow when you tap it.
- ☐ Let cool 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:11.95, Inflammation Score:-4, Nutrition Score:11.157826196402%

Nutrients (% of daily need)

Calories: 170kcal (8.5%), Fat: 2.38g (3.67%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.11g (10.59%), Sugar: 4.73g (5.26%), Cholesterol: 3.85mg (1.28%), Sodium: 320.32mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Manganese: 1.5mg (75.19%), Selenium: 20.83µg (29.76%), Vitamin B1: 0.32mg (21.52%), Phosphorus: 156.13mg (15.61%), Folate: 51.56µg (12.89%), Magnesium: 48.13mg (12.03%), Fiber: 2.98g (11.94%), Vitamin B2: 0.19mg (11.26%), Vitamin B3: 2.06mg (10.28%), Iron: 1.75mg (9.71%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.15mg (7.35%), Copper: 0.14mg (7.24%), Calcium: 51.45mg (5.15%), Potassium: 175.1mg (5%), Vitamin B5: 0.43mg (4.26%), Vitamin D: 0.46µg (3.03%), Vitamin B12: 0.16µg (2.68%), Vitamin A: 59.1IU (1.18%), Vitamin E: 0.16mg (1.09%)