



Irish Brown Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



225 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 tablespoons butter
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups nonfat yogurt plain
- ☐ 0.3 cup quick-cooking oatmeal
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar white

☐ 2 cups flour whole-wheat

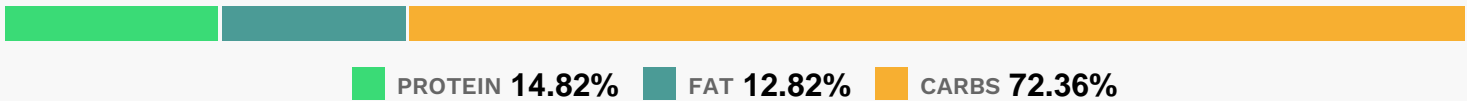
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Lightly grease a baking sheet.
- ☐ Mix all-purpose flour, sugar, baking powder, baking soda, and salt in a bowl.
- ☐ Cut butter into flour mixture with a pastry blender or 2 knives until the mixture forms fine crumbs.
- ☐ Stir whole-wheat flour and quick-cooking oatmeal into the butter mixture.
- ☐ Gently stir yogurt into the oatmeal mixture. If mixture is too dry to hold together, add 1 teaspoon milk at a time, just until dough holds together; it should not be sticky.
- ☐ Turn the dough out onto a lightly floured work surface; knead gently about 5 times to form a ball.
- ☐ Place the dough in the center of the prepared baking sheet; cut a large 'X' in the top of the loaf.
- ☐ Bake in preheated oven until well browned, about 40 minutes; transfer to a rack to cool. Bread can be served warm or cold.

Nutrition Facts



Properties

Glycemic Index:44.01, Glycemic Load:11.82, Inflammation Score:-4, Nutrition Score:12.776521560938%

Nutrients (% of daily need)

Calories: 224.64kcal (11.23%), Fat: 3.3g (5.07%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 38.03g (13.83%), Sugar: 6.72g (7.47%), Cholesterol: 6.56mg (2.19%), Sodium: 388.41mg (16.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Manganese: 1.44mg (71.92%), Selenium: 26.4µg (37.71%), Phosphorus: 219.29mg (21.93%), Vitamin B1: 0.31mg (20.61%), Fiber: 3.87g (15.48%), Magnesium: 60.3mg (15.07%), Vitamin B2: 0.24mg (14.04%), Calcium: 135.28mg (13.53%), Vitamin B3: 2.49mg (12.44%), Folate: 48.2µg (12.05%), Iron: 2.02mg (11.23%), Zinc: 1.42mg (9.46%), Copper: 0.16mg (8.11%), Vitamin B6: 0.16mg (7.8%), Potassium: 252.65mg (7.22%), Vitamin B5: 0.56mg (5.65%), Vitamin B12: 0.28µg (4.74%), Vitamin E: 0.3mg (2.01%), Vitamin A: 71.51IU (1.43%)