



Irish Brown Bread with Smoked Salmon

READY IN



4500 min.

SERVINGS



8

CALORIES



262 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 1 teaspoon caraway seeds
- ☐ 1 bunch chives fresh trimmed
- ☐ 0.3 cup oats
- ☐ 1 teaspoon salt
- ☐ 0.5 pound salmon smoked thinly sliced
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons butter unsalted cold softened cut into bits, plus 1 stick (1/2cup) butter,

- ☐ 0.3 cup wheat germ toasted
- ☐ 1 cup flour whole-wheat

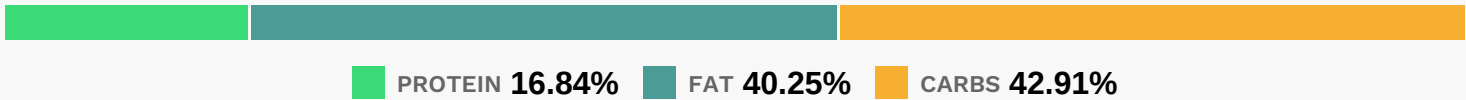
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Whisk together flours, oats, wheat germ, baking soda, salt, and caraway seeds in a large bowl. Blend in 3/4 stick cold butter with your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk and stir until dough is evenly moistened. Knead dough on a lightly floured surface, dusting with flour to prevent sticking, 1 minute (dough should remain soft and slightly sticky). Shape dough into a ball.
- ☐ Pat out dough on a lightly floured baking sheet into a 7-inch round. Dust dough with flour and spread lightly over round with your fingertips.
- ☐ Cut a 4- to 5-inch X (1/2inch deep) in top of dough.
- ☐ Bake in middle of oven until bread sounds hollow when tapped on bottom, 45 to 50 minutes. Cool on a rack 2 hours before slicing.
- ☐ Make canapés with bread, softened butter, salmon, chives, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:9.86, Inflammation Score:-5, Nutrition Score:14.72739150861%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 11.87g (18.26%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 25.53g (9.29%), Sugar: 1.62g (1.8%), Cholesterol: 32.4mg (10.8%), Sodium: 752.1mg (32.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Manganese: 1.33mg (66.48%), Selenium: 28.83µg (41.18%), Vitamin D: 5.4µg (35.97%), Vitamin B1: 0.3mg (20.24%), Phosphorus: 190.76mg (19.08%), Vitamin B12: 1.08µg (18%), Vitamin B3: 3.33mg (16.65%), Vitamin B2: 0.21mg (12.38%), Folate: 49.31µg (12.33%), Fiber: 2.95g (11.8%), Magnesium: 46.41mg (11.6%), Iron: 1.94mg (10.76%), Vitamin B6: 0.21mg (10.48%), Copper: 0.2mg (10.17%), Zinc: 1.29mg (8.62%), Vitamin A: 360.58IU (7.21%), Vitamin B5: 0.65mg (6.52%), Potassium: 213mg (6.09%), Calcium: 53.1mg (5.31%), Vitamin E: 0.78mg (5.23%), Vitamin K: 2.32µg (2.21%)