



Irish Wheaten Bread

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups buttermilk low-fat
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 cups flour whole-wheat

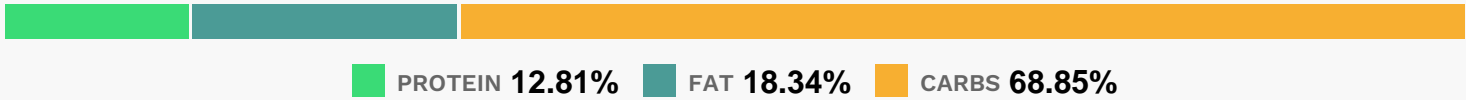
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Combine first 5 ingredients in food processor, and pulse until well-blended. With the processor on, drop margarine through food chute, and process for 10 seconds.
- ☐ Combine buttermilk and egg whites; stir well. With the processor on, pour the mixture through food chute, and process for 20 seconds or until dough leaves sides of bowl and forms a ball. Turn the dough out onto a lightly floured surface, and lightly knead about 10 times.
- ☐ Pat the dough into an 8-inch round cake pan coated with cooking spray, and cut a 1/4-inch-deep X in top of the dough.
- ☐ Bake at 375 for 45 minutes or until lightly browned.
- ☐ Remove bread from pan, and let cool completely on a wire rack.
- ☐ Cut bread into wedges.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:12.9, Inflammation Score:-4, Nutrition Score:8.9739130178223%

Nutrients (% of daily need)

Calories: 191.38kcal (9.57%), Fat: 3.98g (6.12%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 30.93g (11.25%), Sugar: 3.45g (3.83%), Cholesterol: 1.07mg (0.36%), Sodium: 368.45mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Manganese: 0.96mg (47.86%), Selenium: 20.97µg (29.96%), Vitamin B1: 0.27mg (18.24%), Folate: 48.5µg (12.12%), Phosphorus: 119.23mg (11.92%), Vitamin B2:

0.2mg (11.8%), Vitamin B3: 2.24mg (11.21%), Fiber: 2.7g (10.81%), Iron: 1.71mg (9.48%), Magnesium: 35.58mg (8.9%), Copper: 0.12mg (5.82%), Zinc: 0.78mg (5.2%), Vitamin B6: 0.1mg (5.01%), Calcium: 42.46mg (4.25%), Potassium: 144.94mg (4.14%), Vitamin B5: 0.3mg (2.98%), Vitamin A: 146.56IU (2.93%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.07µg (1.11%)