



Kalamata Olive Bread with Oregano

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 cup buttermilk low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon salt

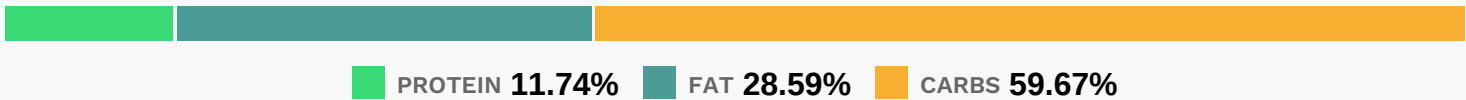
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes or until onion is tender. Set aside.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine buttermilk, butter, and egg whites, stirring with a whisk.
- ☐ Add buttermilk mixture to flour mixture, stirring just until moist. Fold in onion, olives, and oregano.
- ☐ Spread batter into an 8 x 4inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:11.78, Inflammation Score:-5, Nutrition Score:4.4660869163016%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 124.25kcal (6.21%), Fat: 3.95g (6.07%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.48g (6.36%), Sugar: 1.65g (1.84%), Cholesterol: 5.82mg (1.94%), Sodium: 286.78mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Selenium: 8.7µg (12.42%), Vitamin B1: 0.18mg (11.88%), Folate: 43.02µg (10.76%), Vitamin B2: 0.16mg (9.69%), Manganese: 0.18mg (9.07%), Iron: 1.18mg (6.58%), Vitamin B3: 1.29mg (6.45%), Phosphorus: 46.28mg (4.63%), Fiber: 1.06g (4.24%), Calcium: 38.53mg (3.85%), Vitamin K: 3.63µg (3.46%), Vitamin E: 0.43mg (2.87%), Magnesium: 10.21mg (2.55%), Potassium: 87.95mg (2.51%), Copper: 0.04mg (2.24%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.27mg (1.79%), Vitamin A: 86.12IU (1.72%), Vitamin C: 1.2mg (1.45%)