



Mini Walnut Soda Breads

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup buttermilk chilled
- 0.3 cup t brown sugar dark packed ()
- 1 large eggs
- 2 tablespoons blackstrap molasses light ()
- 1 teaspoon salt
- 1 cup unbleached all purpose flour
- 0.3 cup butter unsalted chilled cut into 1/2-inch pieces ()

- 1 cup walnuts toasted chopped
- 2 cups flour whole wheat

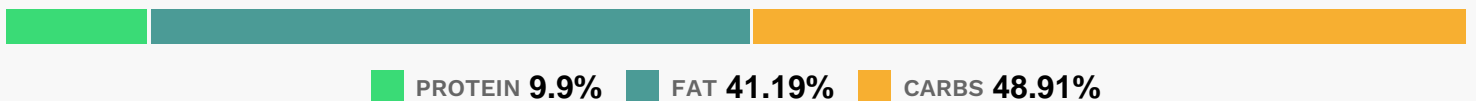
Equipment

- bowl
- baking sheet
- oven
- knife
- whisk

Directions

- Preheat oven to 375°F. Lightly flour large baking sheet.
- Whisk first 5 ingredients in large bowl to blend well.
- Add butter and rub in with fingertips until mixture resembles coarse meal.
- Mix in toasted, chopped walnuts.
- Whisk buttermilk, egg and molasses in small bowl to blend. Gradually add buttermilk mixture to flour mixture, stirring until medium-firm dough forms. Turn dough out onto lightly floured surface. Knead until dough comes together, about 6 turns. Flatten dough into disk.
- Cut into 6 wedges. Shape each wedge into ball.
- Place on prepared sheet, spacing evenly apart. Flatten each to 3-inch round. Using sharp knife, cut shallow X in top of each round.
- Bake breads until golden and tester inserted into center comes out clean, about 30 minutes.
- Transfer to rack.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:19.90782610489%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 498.06kcal (24.9%), Fat: 23.71g (36.48%), Saturated Fat: 7.28g (45.5%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 57.2g (20.8%), Sugar: 16.59g (18.43%), Cholesterol: 55.74mg (18.58%), Sodium: 631.49mg (27.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.65%), Manganese: 2.55mg (127.39%), Selenium: 38.17µg (54.53%), Vitamin B1: 0.46mg (30.41%), Phosphorus: 287.97mg (28.8%), Magnesium: 112.35mg (28.09%), Copper: 0.56mg (27.93%), Fiber: 6.15g (24.6%), Folate: 81.13µg (20.28%), Iron: 3.52mg (19.54%), Vitamin B2: 0.31mg (18.14%), Vitamin B3: 3.55mg (17.75%), Vitamin B6: 0.35mg (17.7%), Zinc: 2.08mg (13.86%), Potassium: 430.86mg (12.31%), Calcium: 110.29mg (11.03%), Vitamin B5: 0.8mg (7.99%), Vitamin A: 355.28IU (7.11%), Vitamin D: 0.83µg (5.52%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.27µg (4.57%), Vitamin K: 2.16µg (2.05%)