

Raisin Brown Bread

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



73 kcal

BREAD

Ingredients

- 2 teaspoons baking soda
- 2 cups buttermilk
- 1 cup flour all-purpose gold medal®
- 0.8 cup blackstrap molasses
- 1 cup raisins
- 1 teaspoon salt
- 1 cup flour whole wheat gold medal®
- 1 cup frangelico

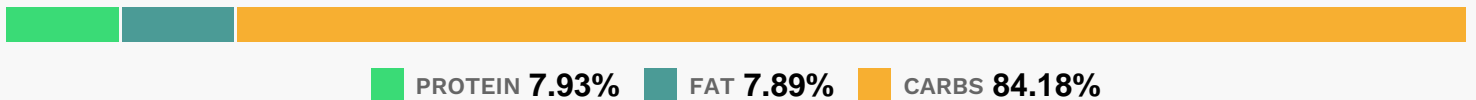
Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- casserole dish
- spatula

Directions

- Heat oven to 325°F. Grease 2-quart casserole dish with shortening or cooking spray.
- In large bowl, beat all ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 30 seconds, scraping bowl constantly.
- Pour batter into casserole.
- Bake uncovered about 1 hour or until toothpick inserted in center comes out clean.
- Immediately loosen sides of bread with metal spatula and unmold bread; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:6.89, Inflammation Score:-2, Nutrition Score:3.4304347890227%

Nutrients (% of daily need)

Calories: 72.59kcal (3.63%), Fat: 0.66g (1.02%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.05g (5.47%), Sugar: 6.66g (7.4%), Cholesterol: 1.65mg (0.55%), Sodium: 161.17mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Manganese: 0.31mg (15.64%), Selenium: 5.63µg (8.04%), Magnesium: 27.97mg (6.99%), Potassium: 190.76mg (5.45%), Iron: 0.81mg (4.51%), Vitamin B1: 0.06mg (4.32%), Vitamin B6: 0.08mg (4.19%), Copper: 0.08mg (3.85%), Calcium: 36.62mg (3.66%), Phosphorus: 36.2mg (3.62%), Vitamin B2: 0.06mg (3.51%), Fiber: 0.81g (3.26%), Vitamin B3: 0.55mg (2.77%), Folate: 9.68µg (2.42%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.21mg (1.42%), Vitamin D: 0.19µg (1.3%), Vitamin B12: 0.07µg (1.15%)