



## Steamed Brown Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



127 kcal

BREAD

## Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons butter melted
- ☐ 2 cups buttermilk
- ☐ 1 cup cornmeal
- ☐ 0.8 cup blackstrap molasses
- ☐ 1 tablespoon orange rind grated
- ☐ 1 cup raisins
- ☐ 1 cup rye flour

- ☐ 0.5 teaspoon salt
- ☐ 1 cup flour whole wheat

## Equipment

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

## Directions

- ☐ Preheat oven to 350
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, cornmeal, raisins, baking soda, and salt in a large bowl; stir with a whisk.
- ☐ Combine buttermilk, molasses, butter, and rind.
- ☐ Add to dry ingredients; stir just until moistened. Divide batter evenly between 2 (8-inch) loaf pans coated with cooking spray. Tightly cover each pan with foil.
- ☐ Place pans in a 13 x 9 inch baking pan.
- ☐ Add boiling water to a depth of 1 inch. Cover larger pan with foil.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a knife inserted in center comes out clean. (Top of bread will feel slightly sticky.)
- ☐ Remove pans from water. Cool 10 minutes on a wire rack.
- ☐ Remove from pans; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:10.51, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:5.3843478236509%

## Nutrients (% of daily need)

Calories: 126.7kcal (6.34%), Fat: 2.23g (3.43%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 23.18g (8.43%), Sugar: 9.01g (10.02%), Cholesterol: 4.71mg (1.57%), Sodium: 174.19mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Manganese: 0.53mg (26.33%), Magnesium: 45.99mg (11.5%), Selenium: 6.77µg (9.66%), Fiber: 2.1g (8.39%), Potassium: 286.8mg (8.19%), Vitamin B6: 0.16mg (8.02%), Phosphorus: 67.45mg (6.74%), Iron: 1.15mg (6.38%), Copper: 0.13mg (6.27%), Vitamin B1: 0.08mg (5.2%), Calcium: 50.11mg (5.01%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.55mg (3.65%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.26mg (2.56%), Folate: 7.19µg (1.8%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.57%), Vitamin A: 63.65IU (1.27%), Vitamin E: 0.16mg (1.08%)