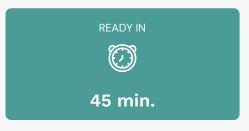


Steamed Brown Bread

Vegetarian







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	
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Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	whisk	
	wire rack	
	loaf pan	
	baking pan	
	aluminum foil	
	measuring cup	
Di	rections	
	Preheat oven to 35	
	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 9inch 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: Og (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%)