



Steamed Brown Bread with Currants and Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup currants dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons walnut pieces chopped
- ☐ 0.5 cup flour whole-wheat
- ☐ 0.5 cup cornmeal yellow

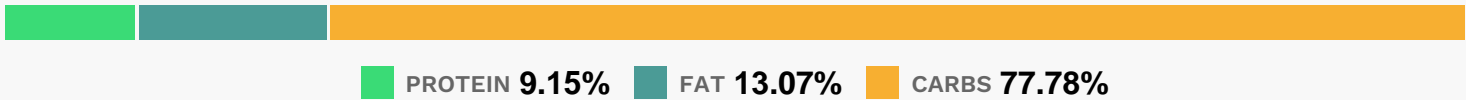
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Combine the first 6 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Combine buttermilk and molasses; stir well.
- ☐ Add to flour mixture, stirring just until moistened. Fold in currants and walnuts.
- ☐ Spoon the mixture into a 13-ounce coffee can coated with cooking spray. Cover with aluminum foil coated with cooking spray; secure foil with a rubber band.
- ☐ Place the can in an electric slow cooker; add enough hot water to cooker to come halfway up sides of can. Cover with lid, and cook on high-heat setting for 2 hours and 50 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove can from water.
- ☐ Let bread cool, covered, in can on a wire rack for 5 minutes.
- ☐ Remove bread from can, and let cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.69, Glycemic Load:14.92, Inflammation Score:-4, Nutrition Score:8.2913043317587%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 187.73kcal (9.39%), Fat: 2.84g (4.36%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 35.34g (12.85%), Sugar: 17.81g (19.79%), Cholesterol: 1.2mg (0.4%), Sodium: 267.98mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Manganese: 0.8mg (39.91%), Magnesium: 67.21mg (16.8%), Selenium: 11.17µg (15.96%), Vitamin B6: 0.24mg (11.86%), Potassium: 399.68mg (11.42%), Vitamin B1: 0.17mg (11.18%), Phosphorus: 106.3mg (10.63%), Fiber: 2.61g (10.44%), Iron: 1.87mg (10.37%), Copper: 0.2mg (10.25%), Calcium: 80.24mg (8.02%), Vitamin B2: 0.12mg (7.25%), Vitamin B3: 1.4mg (7.01%), Folate: 25.84µg (6.46%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.07µg (1.1%)