



Sundried tomato soda bread baps

READY IN



40 min.

SERVINGS



6

CALORIES



437 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 250 g flour plain white for dusting
- ☐ 250 g bread flour
- ☐ 100 g oatmeal
- ☐ 1 tsp baking soda
- ☐ 1 tsp thyme dried
- ☐ 25 g butter
- ☐ 85 g alouette all natural sundried tomato and basil spreadable cheese roughly chopped (from a jar)
- ☐ 475 ml buttermilk

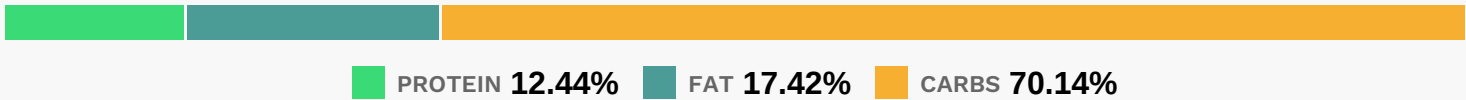
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and dust a baking tray with flour.
- ☐ Mix the flours, oats, bicarbonate of soda, 1 tsp salt and thyme in a bowl, then rub in the butter.
- ☐ Add the tomatoes, pour in the buttermilk and mix quickly with the blade of a knife to make a wet dough. Tip onto a floured work surface, then cut evenly into 6 and, with floured hands, shape to make rounds. Handle the dough as little as possible not just because it is sticky, but to make sure the texture stays light. Arrange, spaced apart, on the baking tray and mark a cross in the tops with a floured knife.
- ☐ Bake for 20–25 mins until the bases of the baps are pale golden and sound hollow when tapped. Cover with a tea towel and leave to cool. To freeze, pack the cooled baps into a rigid container. Thaw at room temperature for 3 hrs.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:44.84, Inflammation Score:-6, Nutrition Score:13.151304250826%

Nutrients (% of daily need)

Calories: 436.73kcal (21.84%), Fat: 8.32g (12.8%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 75.37g (25.12%), Net Carbohydrates: 72.47g (26.35%), Sugar: 4.82g (5.35%), Cholesterol: 17.79mg (5.93%), Sodium: 420.48mg (18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Selenium: 34.59µg (49.42%), Manganese: 0.73mg (36.62%), Vitamin B1: 0.41mg (27.48%), Folate: 95.78µg (23.94%), Vitamin B2: 0.37mg (22%), Iron: 3.32mg (18.44%), Phosphorus: 167.98mg (16.8%), Vitamin B3: 3mg (15%), Calcium: 142.11mg (14.21%), Fiber: 2.9g (11.59%), Copper: 0.17mg (8.51%), Magnesium: 32.71mg (8.18%), Zinc: 1.14mg (7.57%), Vitamin B5: 0.73mg (7.27%),

Vitamin D: 1.04µg (6.96%), Vitamin B12: 0.38µg (6.28%), Potassium: 209.23mg (5.98%), Vitamin A: 286.78IU (5.74%), Vitamin K: 4.83µg (4.6%), Vitamin B6: 0.06mg (3.25%), Vitamin E: 0.38mg (2.5%)