

Kelp Bread

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-kelp-recipe>

Ingredients:

- 1 1/4 cups kelp fresh, washed and chopped into manageable pieces
- 4 1/8 cups whole wheat flour
- 1 teaspoon baking soda bicarbonate of soda
- 1 teaspoon sea salt
- 1 11/16 cups buttermilk

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 99 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 15 grams
6. Protein: 22 grams
7. SaturatedFat: 1 grams
8. Sodium: 1060 milligrams
9. Sugar: 5 grams

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