



Bran Cereal Bread

 Vegetarian

READY IN



165 min.

SERVINGS



16

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup bran cereal
- ☐ 3 cups bread flour all-purpose
- ☐ 2.5 tablespoons butter softened
- ☐ 1 package yeast dry
- ☐ 4 teaspoons full molasses flavored
- ☐ 1.3 teaspoons salt
- ☐ 4 teaspoons sugar
- ☐ 1 cup very warm water (120 to 130 °F)

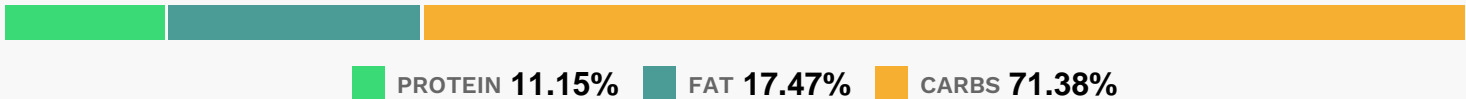
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ In the bowl of a stand mixer fitted with a paddle, combine 1 cup of flour,cereal, sugar, salt and dry yeast.
- ☐ Add butter.Gradually add water and molasses to cereal mixture and beat 2 minutes at medium speed, scraping bowl occasionally.
- ☐ Add another cup of flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make stiff dough. Switch to the mixer’s dough hook and knead for about 5 minutes or until dough is smooth and elastic.
- ☐ Let the dough rest for 15 minutes.Meanwhile, spray an 8 ½ by 4 ½ inch loaf pan with cooking spray and line the bottom with a strip of parchment (optional).
- ☐ Roll or just pat the dough into a 12 x 8–inch rectangle, then roll it up into a cylinder. Set it in the pan and let it rise in a warm place for about 1 hour and 15 minutes.
- ☐ Bake at 350°F for 40 minutes or until done.
- ☐ Remove from pans. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:5.6726087577965%

Nutrients (% of daily need)

Calories: 117.33kcal (5.87%), Fat: 2.33g (3.58%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.96g (7.26%), Sugar: 2.78g (3.09%), Cholesterol: 4.7mg (1.57%), Sodium: 204.5mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Manganese: 0.41mg (20.28%), Vitamin B6: 0.34mg (16.85%), Selenium: 9.92µg (14.17%), Folate: 51.88µg (12.97%), Vitamin B1: 0.13mg (8.42%), Vitamin B12: 0.49µg (8.16%), Vitamin B2: 0.1mg (6.03%), Fiber: 1.44g (5.75%), Phosphorus: 56.3mg (5.63%), Magnesium: 19.88mg (4.97%), Iron: 0.76mg (4.22%), Copper: 0.08mg (4.13%), Vitamin B3: 0.81mg (4.05%), Zinc: 0.56mg (3.76%), Potassium: 80.1mg (2.29%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 100.27IU (2.01%), Calcium: 18.37mg (1.84%), Vitamin E: 0.18mg (1.17%)