



## Bread Baking: Oat Bread

 Vegetarian  Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



170 kcal

### Ingredients

- 1.7 cups bread flour
- 1 eggs (with a bit of water) beaten
- 2.3 teaspoons yeast (instant)
- 2 ounces oat flour
- 1 tablespoon olive oil (for drizzling (and more))
- 1 ounce oats (plus more for topping) (quick)
- 1 teaspoon salt
- 1 cup water (lukewarm)

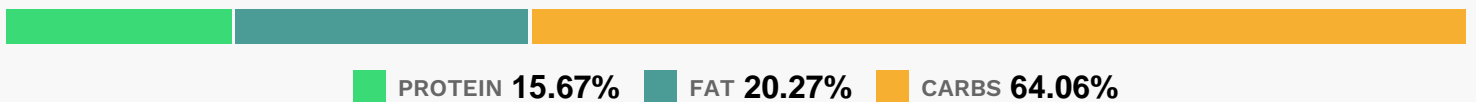
### Equipment

- bowl
- frying pan
- oven
- plastic wrap
- loaf pan
- stand mixer

## Directions

- In the bowl of your stand mixer, combine the oats, oat flour, yeast, and water. Set aside until it gets bubbly, about 10 minutes.
- Add the bread flour and knead with the dough hook until the mixture is elastic. It will be a little lumpy from the oats, so it won't be completely smooth, but it should be nicely stretchy.
- Add the salt and oil and continue kneading until both are fully incorporated.
- Form the dough into a ball, drizzle with a bit of olive oil, and return it to the bowl. Cover the bowl with plastic wrap and set aside until doubled in size, about an hour.
- Preheat your oven to 350 degrees and sprinkle some cornmeal on the bottom of a loaf pan, if desired. (I used a 9x5, but a smaller size would work as well.)
- Flour your work surface lightly and knead the dough, then form it into a log that will fit into the bread pan you're using.
- Place it in the pan seam-side down. Cover the pan with plastic wrap and set aside until doubled in size, about 45 minutes.
- Brush the loaf with the egg wash and sprinkle with oats. Slash as desired and bake at 350 degrees until nicely browned, about 35 minutes. Cool completely on a rack before slicing.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:13.59, Inflammation Score:-3, Nutrition Score:8.5121739692176%

## Nutrients (% of daily need)

Calories: 170.09kcal (8.5%), Fat: 3.85g (5.93%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.06g (9.11%), Sugar: 0.21g (0.23%), Cholesterol: 20.46mg (6.82%), Sodium: 303.7mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Manganese: 0.66mg (32.81%), Vitamin B1: 0.46mg (30.83%), Folate: 93.56µg (23.39%), Selenium: 15.91µg (22.73%), Vitamin B2: 0.19mg (11.11%), Phosphorus: 105.91mg (10.59%), Fiber: 2.33g (9.31%), Vitamin B3: 1.75mg (8.77%), Magnesium: 29.07mg (7.27%), Vitamin B5: 0.69mg (6.93%), Zinc: 0.9mg (6.03%), Copper: 0.12mg (5.76%), Iron: 0.86mg (4.8%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.49mg (3.26%), Potassium: 104.92mg (3%), Calcium: 14.65mg (1.46%), Vitamin K: 1.5µg (1.43%)