



## Bread Machine Herb and Crunch Wheat Bread

READY IN



220 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 1.3 cups water
- 1.5 cups yukon gold potatoes for flour
- 1.5 cups flour whole wheat
- 2 tablespoons sugar
- 2 tablespoons powdered milk dry
- 2 tablespoons butter softened
- 1.5 teaspoons salt
- 1.5 teaspoons basil dried
- 1 teaspoon thyme leaves dried

- 2 teaspoons yeast dry quick
- 0.5 cup sunflower seeds

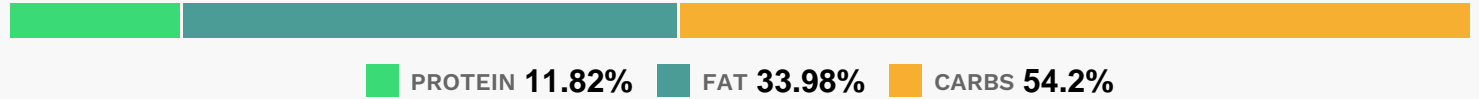
## Equipment

- frying pan
- wire rack
- bread machine

## Directions

- Measure carefully, placing all ingredients except nuts in bread machine pan in the order recommended by the manufacturer.
- Add nuts at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- Select Basic/White cycle. Use Medium or Light crust color.
- Remove baked bread from pan, and cool on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:21.99, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:9.1030434370041%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 139.2kcal (6.96%), Fat: 5.54g (8.52%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 16.94g (6.16%), Sugar: 2.92g (3.24%), Cholesterol: 1.21mg (0.4%), Sodium: 321.53mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Manganese: 0.78mg (39.11%), Selenium: 12.58µg (17.97%), Vitamin B1: 0.24mg (16.17%), Vitamin E: 2.17mg (14.44%), Phosphorus: 121.32mg (12.13%), Magnesium: 48.32mg (12.08%), Vitamin B6: 0.24mg (11.87%), Fiber: 2.95g (11.78%), Copper: 0.21mg (10.25%), Folate: 37.09µg (9.27%), Vitamin B3: 1.75mg (8.73%), Vitamin C: 6.29mg (7.62%), Potassium: 241.93mg (6.91%), Iron: 1.23mg (6.81%), Zinc: 0.85mg (5.69%), Vitamin B2: 0.09mg (5.49%), Vitamin B5: 0.34mg (3.43%), Calcium: 29.67mg (2.97%),

Vitamin K: 3.02µg (2.88%), Vitamin A: 108.72IU (2.17%)