



WHATShEATE



Bread Machine Herb 'n' Crunch Wheat Bread

READY IN



220 min.

SERVINGS



12

CALORIES



173 kcal

BREAD

Ingredients

- ☐ 2 teaspoons yeast dry quick
- ☐ 2 tablespoons butter softened
- ☐ 1.5 teaspoons basil dried
- ☐ 2 tablespoons powdered milk dry
- ☐ 0.5 cup sunflower seeds
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.3 cups water

- ☐ 1.5 cups flour whole wheat gold medal®
- ☐ 1.5 cups flour for flour gold medal®

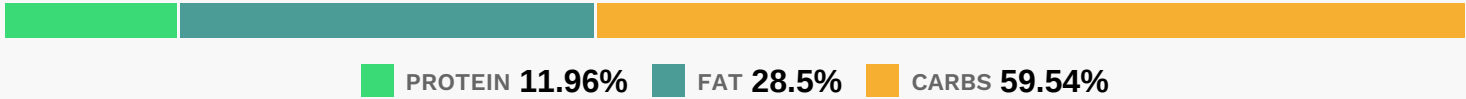
Equipment

- ☐ 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:21.26, Glycemic Load:10.37, Inflammation Score:-5, Nutrition Score:9.7934782582781%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 173.3kcal (8.67%), Fat: 5.67g (8.72%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 23.93g (8.7%), Sugar: 2.73g (3.03%), Cholesterol: 1.21mg (0.4%), Sodium: 320.07mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Manganese: 0.84mg (42.18%), Selenium: 17.79µg (25.41%), Vitamin B1: 0.34mg (22.77%), Folate: 60.95µg (15.24%), Vitamin E: 2.17mg (14.48%), Phosphorus: 121.33mg (12.13%), Vitamin B3: 2.36mg (11.79%), Magnesium: 44.96mg (11.24%), Fiber: 2.72g (10.87%), Copper: 0.2mg (9.78%), Iron: 1.72mg (9.56%), Vitamin B2: 0.16mg (9.47%), Vitamin B6: 0.16mg (7.85%), Zinc: 0.88mg (5.85%), Potassium: 134.14mg (3.83%), Vitamin B5: 0.32mg (3.24%), Calcium: 28.47mg (2.85%), Vitamin K: 2.5µg (2.39%), Vitamin A: 108.13IU (2.16%)