



Bread Machine Multigrain Loaf

 Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



385 kcal

Ingredients

- ☐ 1.3 cups water
- ☐ 2 tablespoons butter softened
- ☐ 1.3 cups bread flour
- ☐ 1.3 cups flour whole wheat
- ☐ 1 cup bread hot uncooked ()
- ☐ 3 tablespoons brown sugar packed
- ☐ 1.3 teaspoons salt
- ☐ 2.5 teaspoons bread machine yeast
- ☐ 1.5 cups water

- ☐ 2 tablespoons butter softened
- ☐ 1.5 cups bread flour
- ☐ 1.5 cups flour whole wheat
- ☐ 1.3 cups bread hot uncooked ()
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 teaspoons salt
- ☐ 2.5 teaspoons bread machine yeast

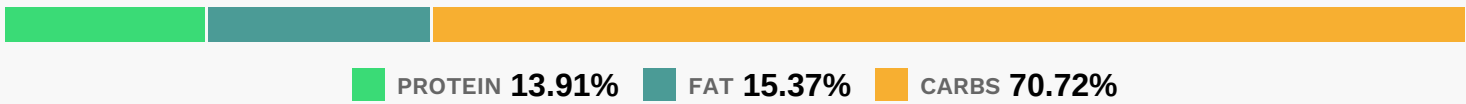
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Make 1 1/2-pound recipe with bread machines that use 3 cups flour, or make 2-pound recipe with bread machines that use 4 cups flour.
- ☐ Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Basic/White cycle. Use Medium or Light crust color.
- ☐ Remove baked bread from pan; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:25.34, Inflammation Score:-6, Nutrition Score:18.232173893601%

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 6.69g (10.29%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 62.29g (22.65%), Sugar: 9.52g (10.58%), Cholesterol: 0mg (0%), Sodium: 783.59mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.23%), Manganese: 2.35mg (117.29%), Selenium:

40.93µg (58.47%), Vitamin B1: 0.57mg (37.71%), Fiber: 6.95g (27.82%), Phosphorus: 238.28mg (23.83%), Vitamin B3: 4.5mg (22.5%), Folate: 89.02µg (22.25%), Magnesium: 82.84mg (20.71%), Copper: 0.29mg (14.59%), Iron: 2.52mg (14.02%), Vitamin B2: 0.22mg (13.06%), Zinc: 1.94mg (12.94%), Vitamin B6: 0.26mg (12.82%), Calcium: 96.63mg (9.66%), Vitamin B5: 0.9mg (8.96%), Potassium: 275.03mg (7.86%), Vitamin E: 0.7mg (4.69%), Vitamin K: 4.1µg (3.9%), Vitamin A: 171.4IU (3.43%)