



Bread Machine Oatmeal-Sunflower Bread

 Gluten Free

READY IN



220 min.

SERVINGS



12

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup water
- 0.3 cup honey
- 2 tablespoons butter softened
- 3 cups yukon gold potatoes for flour
- 0.5 cup oats
- 2 tablespoons powdered milk dry
- 1.3 teaspoons salt
- 2.3 teaspoons yeast dry quick

0.5 cup sunflower seeds

Equipment

frying pan

wire rack

bread machine

Directions

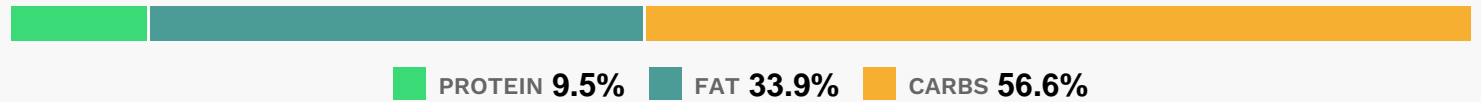
Measure carefully, placing all ingredients except nuts in bread machine pan in the order recommended by the manufacturer.

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. Do not use delay cycle.

Remove baked bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:11.72, Inflammation Score:-3, Nutrition Score:7.3134783039922%

Flavonoids

Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 137.3kcal (6.86%), Fat: 5.4g (8.31%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 18g (6.55%), Sugar: 6.92g (7.69%), Cholesterol: 1.21mg (0.4%), Sodium: 274.7mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 0.33mg (16.53%), Vitamin C: 11.88mg (14.4%), Vitamin B1: 0.21mg (14.23%), Vitamin E: 2.06mg (13.76%), Vitamin B6: 0.27mg (13.37%), Phosphorus: 98.65mg (9.87%), Magnesium: 38.2mg (9.55%), Folate: 37.5µg (9.37%), Copper: 0.19mg (9.35%), Potassium: 324.15mg (9.26%), Fiber: 2.29g (9.17%), Vitamin B3: 1.38mg (6.89%), Selenium: 4.42µg (6.31%), Iron: 0.95mg (5.27%), Vitamin B2: 0.09mg (5.05%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.39mg (3.9%), Calcium: 26.65mg (2.66%), Vitamin A: 99.11IU (1.98%), Vitamin K: 1.22µg (1.16%)