



## Bread Machine Whole-Wheat and Peanut Butter Bread

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



213 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4.5 ounces bread flour
- 1 tablespoon butter
- 1 water
- 1 teaspoon yeast instant
- 2 tablespoons peanut butter
- 1 tablespoon sugar
- 9 ounces flour whole wheat

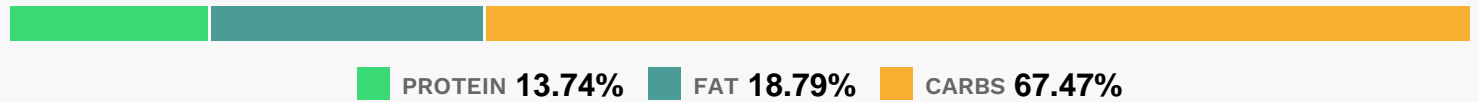
## Equipment

- oven
- bread machine

## Directions

- Place all the ingredients into your bread machine in the order recommended by the manufacturer. If there are settings for the crust, choose light rather than dark.
- Bake using standard bread settings – not special sweet dough or other custom settings.
- When the bread is done, remove it from the machine and let it cool completely on a rack before slicing.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:8.64, Inflammation Score:-4, Nutrition Score:11.726086777918%

## Nutrients (% of daily need)

Calories: 213.08kcal (10.65%), Fat: 4.64g (7.14%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 33.13g (12.05%), Sugar: 2.1g (2.33%), Cholesterol: 3.76mg (1.25%), Sodium: 30.27mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Manganese: 1.49mg (74.34%), Selenium: 26.35µg (37.64%), Vitamin B1: 0.34mg (22.9%), Fiber: 4.39g (17.56%), Phosphorus: 152.86mg (15.29%), Folate: 57.89µg (14.47%), Vitamin B3: 2.88mg (14.38%), Magnesium: 55.31mg (13.83%), Copper: 0.18mg (9.18%), Vitamin B6: 0.18mg (8.8%), Zinc: 1.19mg (7.92%), Iron: 1.39mg (7.75%), Vitamin B2: 0.13mg (7.69%), Vitamin B5: 0.51mg (5.09%), Potassium: 169.05mg (4.83%), Vitamin E: 0.7mg (4.63%), Calcium: 16.16mg (1.62%)