



Brown Rice Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons cardamom
- ☐ 0.5 cup cashew pieces toasted coarsely chopped
- ☐ 0.3 cup grain brown rice whole mahatma® carolina®
- ☐ 2 tablespoons olive oil divided
- ☐ 1 teaspoon salt
- ☐ 0.7 cup water

- ☐ 12 servings warm water (105–115°F)

Equipment

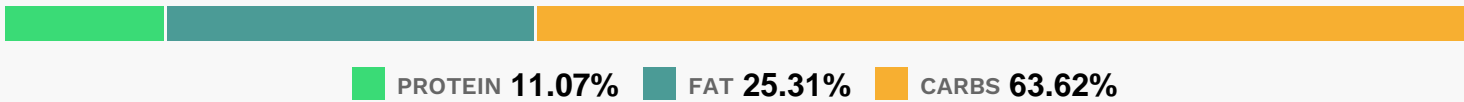
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ For the oven Bring water to a boil in a small saucepan.
- ☐ Add rice, reduce heat to low. Cover and simmer 15 minutes.
- ☐ Place cooked rice, 1 1/2 tablespoons olive oil, sugar and yeast in a two-cup glass measuring cup.
- ☐ Add enough warm water to measure 1 1/2 cups. In a large bowl combine flour, cardamom and salt.
- ☐ Combine rice and flour mixture; stir to incorporate. When dough comes together, turn out onto a floured surface and knead dough about 2 minutes, or until smooth and elastic.
- ☐ Place dough back into bowl and rub with a little of the remaining olive oil. Cover bowl and let rise in a warm place until double in size, about 1 hour. Turn dough onto floured surface and sprinkle with nuts. Knead dough again for 2 minutes, incorporating nuts.
- ☐ Place dough in loaf pan and rub top with remaining olive oil. Allow to rise again until doubled in size (about 30 minutes). Preheat oven to 350 F.
- ☐ Place pan in oven and bake 20–25 minutes, until top is golden brown and crusty.
- ☐ Remove from oven and let rest 5 minutes.
- ☐ Remove from pan and cool on a wire rack. For the bread machine In a saucepan bring water to a boil.

- ☐ Add rice and stir. Reduce heat, cover and simmer for 15 minutes.
- ☐ Place cooked rice, 2 tablespoons olive oil, sugar and yeast in a two-cup glass measuring cup.
- ☐ Add enough warm water (105–115F) to measure 1 1/2 cups.
- ☐ Place rice–yeast mixture and all remaining ingredients except cashew nuts into bread machine. Select regular cycle; press Start.
- ☐ Add nuts after first kneading, or when machine signals to add extras. Turn out of pan on cooling rack when done.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:15.05, Inflammation Score:-2, Nutrition Score:5.7860869014555%

Nutrients (% of daily need)

Calories: 192.08kcal (9.6%), Fat: 5.41g (8.32%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 29.3g (10.66%), Sugar: 2.4g (2.66%), Cholesterol: 0mg (0%), Sodium: 208.77mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Manganese: 0.63mg (31.26%), Selenium: 14.73µg (21.05%), Copper: 0.23mg (11.66%), Magnesium: 34.51mg (8.63%), Phosphorus: 82.45mg (8.24%), Vitamin B1: 0.11mg (7.45%), Folate: 21.8µg (5.45%), Fiber: 1.31g (5.22%), Zinc: 0.76mg (5.08%), Iron: 0.8mg (4.44%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.57mg (3.81%), Vitamin B6: 0.07mg (3.38%), Vitamin K: 3.43µg (3.27%), Vitamin B5: 0.32mg (3.15%), Potassium: 88.35mg (2.52%), Vitamin B2: 0.04mg (2.52%), Calcium: 18.55mg (1.85%)