



Bulgur Wheat Bread

READY IN



45 min.

SERVINGS



24

CALORIES



76 kcal

Ingredients

- ☐ 1 package active yeast dry
- ☐ 3 cups bread flour
- ☐ 0.3 cup bulgur wheat
- ☐ 1 tablespoon butter
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup water

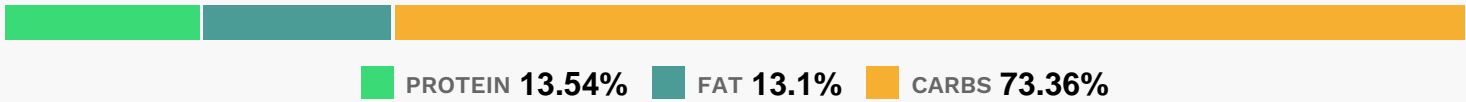
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ bread machine

Directions

- ☐ In a small bowl, combine 1/3 cup water and 1/3 cup bulgur wheat.
- ☐ Let stand until bulgur is soft enough to bite, about 25 minutes. Do not drain.
- ☐ Add ingredients to bread machine pan according to manufacturer's directions.
- ☐ Select basic cycle.
- ☐ Remove baked loaf from pan at once. Cool on a rack at least 15 minutes before slicing.
- ☐ Serve hot, warm, or cool.
- ☐ -Pound Loaf: In a small bowl, combine 1/2 cup water and 1/2 cup bulgur wheat.
- ☐ Let stand until bulgur is soft enough to bite, about 25 minutes. do not drain.
- ☐ Use ingredients and follow steps for Bulgur Wheat Bread, preceding, adding soaked bulgur and liquid with milk.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:8.4, Inflammation Score:-1, Nutrition Score:2.2321738982978%

Nutrients (% of daily need)

Calories: 76.22kcal (3.81%), Fat: 1.1g (1.7%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.1g (4.76%), Sugar: 1.04g (1.16%), Cholesterol: 1.22mg (0.41%), Sodium: 83mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Selenium: 6.47µg (9.24%), Manganese: 0.18mg (9.23%), Vitamin B1: 0.05mg (3.66%), Phosphorus: 33.25mg (3.33%), Fiber: 0.81g (3.24%), Folate: 12.51µg (3.13%), Vitamin B2: 0.04mg (2.21%), Magnesium: 8.52mg (2.13%), Vitamin B3: 0.38mg (1.92%), Copper: 0.04mg (1.85%), Vitamin B5: 0.17mg (1.67%), Calcium: 15.94mg (1.59%), Zinc: 0.24mg (1.57%), Potassium: 41.9mg (1.2%), Vitamin B6: 0.02mg (1.15%), Iron: 0.2mg (1.09%)