



## Cinnamon-Raisin-Walnut Wheat Bread

 Vegetarian  Vegan  Dairy Free

READY IN



200 min.

SERVINGS



24

CALORIES



136 kcal

### Ingredients

- 2 cups flour whole wheat
- 2.3 teaspoons yeast dry
- 2 cups water (120°F to 130°F)
- 2 tablespoons brown sugar packed
- 2 tablespoons vegetable oil
- 2 teaspoons ground cinnamon
- 2 teaspoons salt
- 2 cups bread flour for bread flour
- 1 cup walnut pieces toasted coarsely chopped

- 1 cup cherries dried
- 1 serving cornmeal

## Equipment

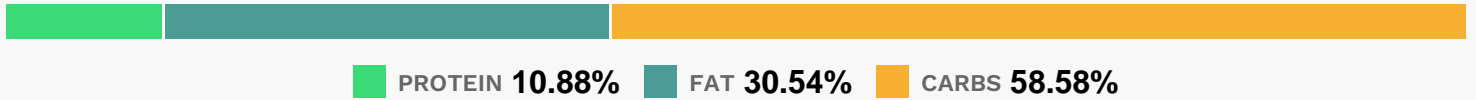
- bowl
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap
- hand mixer
- serrated knife

## Directions

- In large bowl, mix whole wheat flour and yeast.
- Add warm water. Beat with wire whisk or electric mixer on low speed 1 minute, scraping bowl frequently. Cover tightly with plastic wrap and let stand 15 minutes.
- Stir in brown sugar, oil, cinnamon, salt and 1 cup of the bread flour; beat until smooth. Stir in enough remaining bread flour, 1/2 cup at a time, until a soft, smooth dough forms.
- Place dough on lightly floured surface. Knead 5 to 10 minutes or until dough is smooth and springy. Knead in walnuts and raisins. Grease large bowl with shortening.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap and let rise in warm place about 1 hour or until dough has doubled in size. Dough is ready if indentation remains when touched.
- Grease uninsulated cookie sheet with shortening or cooking spray; sprinkle with cornmeal.
- Place dough on lightly floured surface. Gently shape into an even, round ball, without releasing all of the bubbles in the dough. Stretch sides of dough downward to make a smooth top.
- Place loaf with smooth side up on cookie sheet. Spray loaf with cool water. Cover loosely with plastic wrap and let rise in warm place 45 to 60 minutes or until dough has almost doubled in size.

- Heat oven to 375°F. Spray loaf with cool water. With sharp serrated knife, carefully cut 1/4-inch-deep slashes in tic-tac-toe pattern on top of loaf.
- Place in oven; spray with cool water.
- Bake 35 to 40 minutes or until loaf is dark brown and sounds hollow when tapped.
- Remove from cookie sheet to cooling rack; cool.

## Nutrition Facts



### Properties

Glycemic Index:6.69, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:5.3221739776756%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

### Nutrients (% of daily need)

Calories: 136.33kcal (6.82%), Fat: 4.78g (7.36%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 18.32g (6.66%), Sugar: 3.8g (4.22%), Cholesterol: 0mg (0%), Sodium: 196.55mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 0.69mg (34.47%), Selenium: 10.62µg (15.17%), Fiber: 2.33g (9.31%), Vitamin B1: 0.11mg (7.24%), Copper: 0.14mg (7.2%), Phosphorus: 65.61mg (6.56%), Magnesium: 25mg (6.25%), Folate: 19.6µg (4.9%), Iron: 0.72mg (3.99%), Vitamin B3: 0.79mg (3.93%), Vitamin B6: 0.08mg (3.91%), Vitamin A: 181.87IU (3.64%), Zinc: 0.54mg (3.61%), Vitamin B2: 0.04mg (2.48%), Vitamin K: 2.49µg (2.37%), Potassium: 74.43mg (2.13%), Vitamin B5: 0.18mg (1.77%), Calcium: 17.61mg (1.76%), Vitamin E: 0.24mg (1.63%)