



Country Wheat Bread

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



129 kcal

BREAD

Ingredients

- 2 packages active yeast dry
- 2 cups flour whole wheat stone-ground
- 2 tablespoons bread flour divided
- 3.3 cups bread flour
- 3 eggs
- 0.5 cup blackstrap molasses
- 1 teaspoon salt
- 0.5 cup unprocessed wheat bran

- 0.5 cup butter unsalted
- 2 teaspoons vegetable oil divided
- 0.5 cup wheat germ toasted
- 2 cups milk whole

Equipment

- bowl
- sauce pan
- oven
- hand mixer
- aluminum foil

Directions

- Combine first 3 ingredients; stir well.
- Combine milk and butter in a saucepan; heat until butter melts, stirring occasionally. Cool to 120 to 130
- Add liquid mixture to flour mixture, beating well at low speed of an electric mixer.
- Add molasses and eggs; beat 2 minutes at medium speed. Gradually add wheat germ, wheat bran, and enough of the 3 1/4 cups bread flour to make a soft dough.
- Sprinkle 1 tablespoon bread flour over work surface. Turn dough out onto surface; knead until smooth and elastic (about 8 to 10 minutes).
- Place dough in a large well-greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Punch dough down; divide in half.
- Sprinkle 1 1/2 teaspoons bread flour over work surface. Turn 1 portion of dough out onto surface; roll into a 14- x 7-inch rectangle.
- Roll up, starting at short side, pressing firmly to eliminate air pockets; pinch ends to seal.
- Place, seam side down, in a greased 8 1/2- x 4 1/2- x 3-inch loafpan.
- Brush with 1 teaspoon oil. Repeat procedure with remaining bread flour, dough, and oil.
- Cover and let rise in a warm place, free from drafts, 25 minutes or until doubled in bulk.

Bake at 375 for 35 minutes or until loaves sound hollow when tapped. (Cover with aluminum foil the last 15 minutes of baking to prevent over-browning, if necessary.)

Remove from pans immediately; cool on wire racks.

Nutrition Facts

PROTEIN 12.01% **FAT 29.18%** **CARBS 58.81%**

Properties

Glycemic Index:7.37, Glycemic Load:7.55, Inflammation Score:-3, Nutrition Score:6.3726086305535%

Nutrients (% of daily need)

Calories: 128.91kcal (6.45%), Fat: 4.29g (6.6%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.77g (6.46%), Sugar: 4.35g (4.84%), Cholesterol: 22.67mg (7.56%), Sodium: 80.03mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Manganese: 0.76mg (38.23%), Selenium: 13.29µg (18.99%), Vitamin B1: 0.13mg (8.98%), Magnesium: 35.44mg (8.86%), Phosphorus: 84.7mg (8.47%), Fiber: 1.7g (6.8%), Vitamin B6: 0.12mg (5.89%), Folate: 23.48µg (5.87%), Vitamin B2: 0.09mg (5.01%), Copper: 0.1mg (5%), Iron: 0.85mg (4.72%), Zinc: 0.7mg (4.65%), Potassium: 162.35mg (4.64%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.36mg (3.55%), Calcium: 35.45mg (3.54%), Vitamin A: 124.92IU (2.5%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.28µg (1.85%), Vitamin E: 0.25mg (1.68%)