



Cracked Wheat Bread I

READY IN



185 min.

SERVINGS



24

CALORIES



83 kcal

BREAD

Ingredients

- 1.3 teaspoons active yeast dry
- 3 cups bread flour
- 2 tablespoons brown sugar
- 0.3 cup cracked wheat
- 2 tablespoons butter softened
- 2 tablespoons milk powder dry
- 1.3 teaspoons salt
- 1.3 cups water
- 0.3 cup flour whole wheat

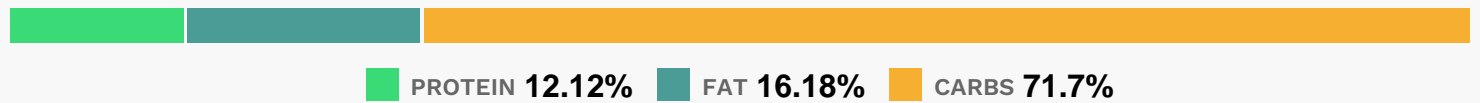
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select regular/light cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:7.45, Inflammation Score:-1, Nutrition Score:2.0973913011991%

Nutrients (% of daily need)

Calories: 82.81kcal (4.14%), Fat: 1.49g (2.29%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.08g (5.12%), Sugar: 1.27g (1.41%), Cholesterol: 0.61mg (0.2%), Sodium: 135.76mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Selenium: 7.36µg (10.51%), Manganese: 0.19mg (9.66%), Phosphorus: 32.15mg (3.21%), Fiber: 0.77g (3.09%), Vitamin B1: 0.04mg (2.71%), Folate: 9.93µg (2.48%), Copper: 0.04mg (1.95%), Magnesium: 7.06mg (1.76%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.31mg (1.55%), Iron: 0.27mg (1.48%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.12mg (1.17%), Potassium: 39.08mg (1.12%), Calcium: 10.28mg (1.03%)