



## Cracked Wheat Bread II

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



257 kcal

BREAD

### Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons butter softened
- 0.5 cup cracked wheat
- 4 cups flour all-purpose
- 2 tablespoons honey
- 1 cup milk
- 2 tablespoons blackstrap molasses
- 1 tablespoon salt

0.3 cup warm water (110 degrees F/45 degrees C)

1 cup flour whole wheat

## Equipment

bowl

sauce pan

oven

loaf pan

## Directions

In a small saucepan, bring water to a boil. Stir in cracked wheat and simmer for 10 minutes; let cool to lukewarm. In a small bowl, dissolve yeast in warm water.

Let stand until creamy, about 10 minutes.

Pour the cracked wheat mixture into a large bowl. Stir in the butter, salt, molasses, honey, milk, yeast mixture, whole wheat flour and 2 cups of the bread flour; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition.

When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 10 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.

Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C).

Bake in a preheated 375 degree oven 30 to 35 minutes, or until the loaves sound hollow when tapped on top and bottom. Cool on racks.

## Nutrition Facts



## Properties

Glycemic Index:21.61, Glycemic Load:25.96, Inflammation Score:-4, Nutrition Score:10.419565134236%

## Nutrients (% of daily need)

Calories: 256.51kcal (12.83%), Fat: 3.53g (5.43%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 46.58g (16.94%), Sugar: 6.5g (7.22%), Cholesterol: 7.46mg (2.49%), Sodium: 607.14mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Manganese: 0.75mg (37.44%), Selenium: 21.38µg (30.55%), Vitamin B1: 0.46mg (30.34%), Folate: 94.61µg (23.65%), Vitamin B2: 0.28mg (16.25%), Vitamin B3: 3.25mg (16.25%), Iron: 2.69mg (14.92%), Phosphorus: 126.14mg (12.61%), Fiber: 3.06g (12.26%), Magnesium: 33.89mg (8.47%), Copper: 0.12mg (6.14%), Potassium: 190.97mg (5.46%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.7mg (4.69%), Vitamin B5: 0.43mg (4.3%), Calcium: 43mg (4.3%), Vitamin B12: 0.11µg (1.9%), Vitamin A: 92.15IU (1.84%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.16mg (1.07%)