

Cracked Wheat Buttermilk Bread

 Vegetarian

READY IN



195 min.

SERVINGS



16

CALORIES



139 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry
- 0.3 teaspoon baking soda
- 1.5 cups bread flour
- 3 tablespoons butter softened
- 0.8 cup buttermilk (70° to 80°)
- 6 tablespoons cracked wheat
- 3 tablespoons honey
- 1.5 teaspoons salt

- 1.5 cups water
- 1.5 cups flour whole wheat

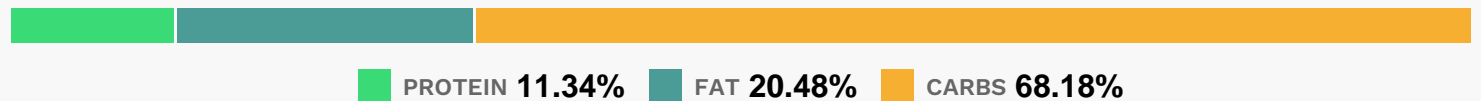
Equipment

- sauce pan
- oven
- bread machine

Directions

- In a saucepan, bring the water and cracked wheat to a boil; boil for 6 minutes.
- Drain; cool for 15 minutes.
- Place all ingredients, including cracked wheat, in bread machine pan in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1-2 tablespoons of warm buttermilk or flour if needed).

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:7.37, Inflammation Score:-2, Nutrition Score:4.8347826374938%

Nutrients (% of daily need)

Calories: 138.54kcal (6.93%), Fat: 3.27g (5.04%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 22.26g (8.09%), Sugar: 3.87g (4.3%), Cholesterol: 6.88mg (2.29%), Sodium: 265.66mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Manganese: 0.56mg (27.76%), Selenium: 12.1µg (17.28%), Fiber: 2.25g (9.01%), Phosphorus: 82.6mg (8.26%), Vitamin B1: 0.1mg (6.58%), Magnesium: 19.96mg (4.99%), Iron: 0.74mg (4.1%), Vitamin B3: 0.79mg (3.96%), Folate: 15.39µg (3.85%), Copper: 0.08mg (3.82%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.47mg (3.12%), Vitamin B6: 0.06mg (2.95%), Potassium: 95.31mg (2.72%), Calcium: 20.26mg (2.03%), Vitamin B5: 0.2mg (2.01%), Vitamin A: 85.41IU (1.71%), Vitamin E: 0.2mg (1.3%)