

Cracked Wheat Oat Bread

 Vegetarian  Dairy Free

READY IN



245 min.

SERVINGS



24

CALORIES



91 kcal

Ingredients

- 2 teaspoons active yeast dry
- 2 cups bread flour
- 1 cup cracked wheat
- 2 tablespoons honey
- 1 cup rolled oats
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil
- 1.3 cups warm water

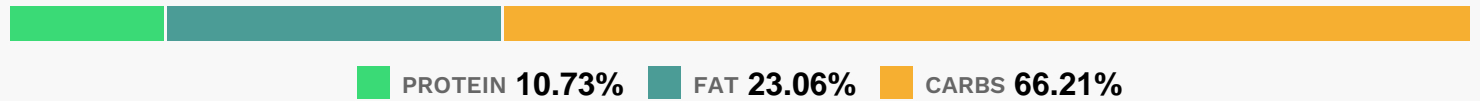
Equipment

- frying pan
- bread machine

Directions

- Place water and cracked wheat in the pan of the bread machine; let soak for 1 hour.
- Place remaining ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:6.42, Inflammation Score:-1, Nutrition Score:2.2669565137476%

Nutrients (% of daily need)

Calories: 91.29kcal (4.56%), Fat: 2.39g (3.68%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.1g (5.13%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 49.72mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Manganese: 0.21mg (10.37%), Selenium: 5.15µg (7.35%), Fiber: 1.37g (5.47%), Phosphorus: 45.08mg (4.51%), Vitamin B1: 0.05mg (3.49%), Vitamin K: 3.23µg (3.07%), Folate: 10.62µg (2.66%), Iron: 0.45mg (2.52%), Magnesium: 7.57mg (1.89%), Copper: 0.04mg (1.8%), Zinc: 0.24mg (1.58%), Potassium: 48.82mg (1.39%), Vitamin B2: 0.02mg (1.32%), Vitamin E: 0.19mg (1.3%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.12mg (1.2%)