

Crunchy Honey Wheat Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



64 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 2 cups bread flour
- 0.5 cup cereal
- 3 tablespoons honey
- 1.5 teaspoons salt
- 2 tablespoons vegetable oil
- 1 tablespoon vital wheat gluten
- 1.3 cups water (110 degrees F/45 degrees C)

1.5 cups flour whole wheat

Equipment

oven

loaf pan

kitchen thermometer

bread machine

Directions

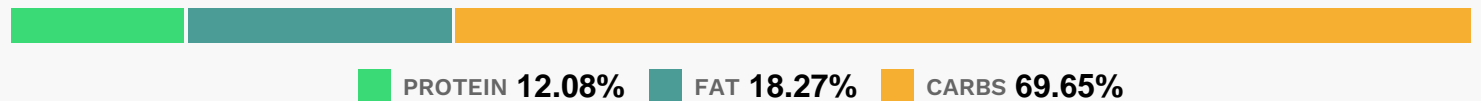
Place ingredients in bread machine pan in the order suggested by the manufacturer.

Select whole wheat or dough cycle on bread machine. Start.

To bake bread in oven: select dough or manual cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size.

Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes or until a thermometer inserted in the center of the loaf reads 200 degrees F (95 degrees C).

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:2.4117391332984%

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 1.32g (2.03%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.48g (3.81%), Sugar: 1.82g (2.03%), Cholesterol: 0mg (0%), Sodium: 98.35mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Manganese: 0.31mg (15.3%), Selenium: 6.27µg (8.96%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.85g (3.39%), Phosphorus: 31.54mg (3.15%), Magnesium: 10.42mg (2.6%), Folate: 9.71µg (2.43%), Vitamin B3: 0.41mg (2.07%), Copper: 0.04mg (2.07%), Iron: 0.34mg (1.9%), Zinc: 0.25mg (1.64%), Vitamin K: 1.58µg (1.51%), Vitamin B6: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.41%), Vitamin E: 0.19mg (1.27%)