



Easy Whole Wheat Bread



Vegetarian



Vegan



Dairy Free

READY IN



190 min.

SERVINGS



24

CALORIES



50 kcal

BREAD

Ingredients

- 1 cup bread flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 0.8 cup water (110 degrees F/45 degrees C)
- 1 cup flour whole wheat
- 1 teaspoon yeast

Equipment

- frying pan
- oven
- wire rack
- bread machine

Directions

- Dissolve egg substitute in warm water.
- Place all ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Whole Wheat cycle and Regular bake time; press Start.
- After 5 minutes, check how the dough is kneading, it may need either 1 tablespoon of flour or 1 tablespoon of water, depending on the consistency. Once the bread is done, allow it time to cool on a wire rack before cutting.

Nutrition Facts



PROTEIN 10.43% **FAT 23.84%** **CARBS 65.73%**

Properties

Glycemic Index:5.71, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:1.9282608671195%

Nutrients (% of daily need)

Calories: 50.09kcal (2.5%), Fat: 1.36g (2.09%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.73g (2.81%), Sugar: 1.03g (1.15%), Cholesterol: 0mg (0%), Sodium: 97.54mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Manganese: 0.25mg (12.26%), Selenium: 5.17µg (7.39%), Vitamin B1: 0.04mg (2.9%), Fiber: 0.69g (2.78%), Phosphorus: 23.73mg (2.37%), Vitamin K: 2.2µg (2.09%), Magnesium: 8.3mg (2.07%), Vitamin B3: 0.35mg (1.76%), Folate: 6.95µg (1.74%), Copper: 0.03mg (1.59%), Iron: 0.23mg (1.28%), Zinc: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.21%)