




Fabulous Homemade Bread

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



1143 kcal

BREAD

Ingredients

- 0.8 ounce active yeast dry
- 10 cups bread flour
- 0.7 cup brown sugar
- 2 cups cooking oats quick
- 1.5 tablespoons salt
- 0.7 cup vegetable oil
- 4.5 cups warm water
- 1 tablespoon sugar white

2 cups flour whole wheat

Equipment

bowl

oven

mixing bowl

hand mixer

Directions

In the mixing bowl of an electric mixer, stir together 1/2 cup warm water, 1 tablespoon sugar, 1/4 cup bread flour, and yeast.

Let grow for about 5 minutes. It will bubble almost immediately.

Measure oats, 4 1/2 cups warm water, whole wheat flour, salt, 2/3 cup sugar, and 2/3 cup oil into the mixing bowl.

Mix on low speed with a dough hook for 1 to 2 minutes. Increase speed slightly, and begin adding bread flour 1/2 to 1 cup at a time until dough pulls away from sides of bowl. Humidity determines how much flour you need before the bread pulls away from the edge of the bowl. It is normal for the dough to be sticky.

Place dough in an oiled bowl, and turn to coat the surface. Cover with a damp cloth.

Let rise in a warm spot for 1 hour, or until doubled in size.

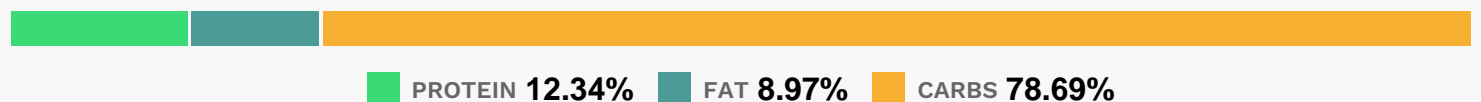
Divide dough into 6 pieces. Shape loaves, and place in greased 8 x 4 inch pans.

Let rise until dough is 1 inch above rim of pans, usually 1 hour.

Bake at 350 degrees F (175 degrees C) for 35 minutes, or until tops are browned.

Let cool in pans for 10 minutes, and then turn out onto wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:109.61, Inflammation Score:-8, Nutrition Score:29.16217401567%

Nutrients (% of daily need)

Calories: 1143.28kcal (57.16%), Fat: 11.44g (17.59%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 225.75g (75.25%), Net Carbohydrates: 212.98g (77.45%), Sugar: 26.9g (29.89%), Cholesterol: 0mg (0%), Sodium: 1767.43mg (76.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.81%), Manganese: 4.47mg (223.51%), Selenium: 117.21µg (167.44%), Vitamin B1: 0.9mg (60.21%), Fiber: 12.77g (51.1%), Phosphorus: 492.22mg (49.22%), Magnesium: 185.79mg (46.45%), Folate: 178.17µg (44.54%), Copper: 0.7mg (35%), Vitamin B3: 5.74mg (28.7%), Iron: 4.84mg (26.87%), Zinc: 3.99mg (26.58%), Vitamin B2: 0.37mg (21.5%), Vitamin B5: 1.86mg (18.56%), Vitamin B6: 0.33mg (16.5%), Potassium: 517.04mg (14.77%), Vitamin E: 1.7mg (11.35%), Vitamin K: 11.17µg (10.64%), Calcium: 85.33mg (8.53%)