



Four-Grain Batter Bread

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



96 kcal

BATTER

Ingredients

- 4.5 cups flour all-purpose
- 2 tablespoons sugar
- 1 teaspoon salt
- 0.3 teaspoon baking soda
- 2 packages yeast dry
- 2 cups milk (120°F to 130°F)
- 0.5 cup water (120°F to 130°F)
- 0.5 cup flour whole wheat

- 0.5 cup wheat germ
- 0.5 cup oats
- 1 serving cornmeal

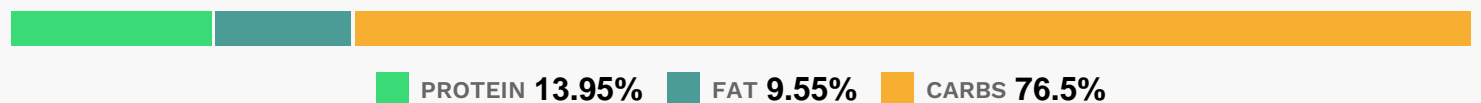
Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer

Directions

- In large bowl, mix 3 1/2 cups of the all-purpose flour, the sugar, salt, baking soda and yeast.
- Add milk and water. Beat with electric mixer on low speed until moistened. Beat on medium speed 3 minutes, scraping bowl occasionally.
- Stir in whole wheat flour, wheat germ, oats and enough remaining all-purpose flour to make a stiff batter.
- Grease 2 (8x4-inch) loaf pans with shortening or cooking spray; sprinkle with cornmeal. Divide batter evenly between pans. With floured hands, pat tops of loaves to round.
- Sprinkle with cornmeal. Cover; let rise in warm place about 30 minutes or until batter is about 1 inch below tops of pans.
- Heat oven to 400°F.
- Bake about 25 minutes or until loaves are light brown.
- Remove from pans to cooling rack; cool.

Nutrition Facts



Properties

Glycemic Index:9.89, Glycemic Load:11.12, Inflammation Score:-2, Nutrition Score:5.3586956398643%

Nutrients (% of daily need)

Calories: 96.19kcal (4.81%), Fat: 1.02g (1.57%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 17.25g (6.27%), Sugar: 1.56g (1.73%), Cholesterol: 1.83mg (0.61%), Sodium: 88.09mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.49mg (24.69%), Vitamin B1: 0.25mg (16.38%), Selenium: 9.32µg (13.31%), Folate: 48.79µg (12.2%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.46mg (7.32%), Phosphorus: 65.5mg (6.55%), Iron: 1.07mg (5.97%), Fiber: 1.18g (4.71%), Magnesium: 16.59mg (4.15%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.06mg (2.89%), Copper: 0.06mg (2.78%), Vitamin B5: 0.26mg (2.56%), Calcium: 23.64mg (2.36%), Potassium: 74.27mg (2.12%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.12%)