



Four-Grain Batter Bread

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



133 kcal

BATTER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 32 servings cornmeal
- ☐ 0.5 cup flour whole wheat
- ☐ 4.5 cups flour all-purpose
- ☐ 2 cups milk (120°F to 130°F)
- ☐ 0.5 cup oats
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 0.5 cup water (120°F to 130°F)
- ☐ 0.5 cup wheat germ
- ☐ 2 packages yeast dry

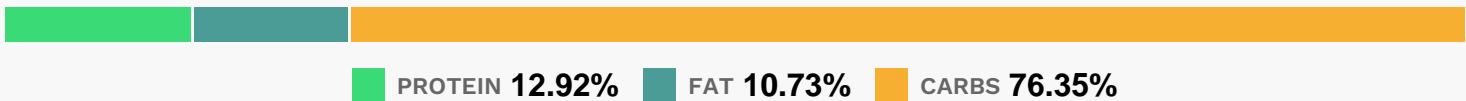
Equipment

- ☐ 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 400F.
- ☐ 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:15.33, Inflammation Score:-3, Nutrition Score:6.4995651426523%

Nutrients (% of daily need)

Calories: 133.39kcal (6.67%), Fat: 1.59g (2.45%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 23.4g (8.51%), Sugar: 1.71g (1.9%), Cholesterol: 1.83mg (0.61%), Sodium: 88.47mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Manganese: 0.56mg (27.8%), Vitamin B1: 0.27mg (18.31%), Selenium: 9.9µg (14.14%), Folate: 52.09µg (13.02%), Vitamin B2: 0.15mg (8.73%), Phosphorus: 87.3mg (8.73%), Vitamin B3: 1.7mg (8.51%), Fiber: 2.09g (8.36%), Iron: 1.36mg (7.58%), Magnesium: 26.96mg (6.74%), Vitamin B6: 0.11mg (5.74%), Zinc: 0.84mg (5.61%), Copper: 0.08mg (3.95%), Vitamin B5: 0.31mg (3.13%), Potassium: 105.46mg (3.01%), Calcium: 24.22mg (2.42%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.12%)