



Fresh Rosemary Bread

READY IN



185 min.

SERVINGS



24

CALORIES



83 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 1.3 cups bread flour
- 2 tablespoons olive oil extra virgin
- 2 tablespoons rosemary fresh chopped
- 1 teaspoon garlic salt
- 1 teaspoon ground pepper black
- 2 tablespoons honey
- 0.8 cup oat bran
- 0.5 cup parmesan cheese grated

- 1 teaspoon salt
- 0.5 cup mozzarella cheese shredded
- 0.3 cup vital wheat gluten
- 1.1 cups warm water (110 degrees F/45 degrees C)
- 0.8 cup flour whole wheat

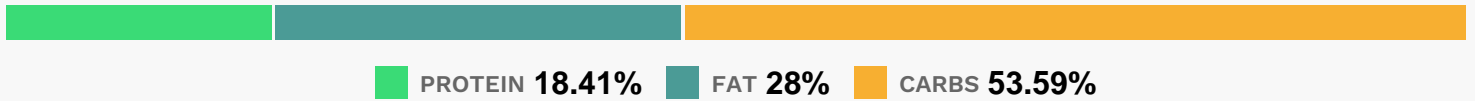
Equipment

- frying pan
- bread machine

Directions

- Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select Oat/French or White Bread cycle and the Light setting for the crust. Start.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:4.87, Inflammation Score:-1, Nutrition Score:3.8069565035403%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 82.89kcal (4.14%), Fat: 2.8g (4.3%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.77g (3.92%), Sugar: 1.55g (1.73%), Cholesterol: 3.66mg (1.22%), Sodium: 246.45mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Manganese: 0.43mg (21.64%), Selenium: 8.26µg (11.8%), Phosphorus: 74.14mg (7.41%), Vitamin B1: 0.1mg (6.79%), Fiber: 1.27g (5.08%), Magnesium: 17.69mg (4.42%), Calcium: 37.96mg (3.8%), Folate: 13.18µg (3.29%), Zinc: 0.47mg (3.13%), Iron: 0.52mg (2.9%), Vitamin B2: 0.05mg (2.65%), Copper: 0.05mg (2.56%), Vitamin B3: 0.41mg (2.07%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.6%), Potassium: 54.21mg (1.55%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.14µg (1.09%)