



Good-for-Toast Wheat Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

BREAD

Ingredients

- ☐ 1.7 cups bread flour
- ☐ 1.5 teaspoons yeast dry
- ☐ 1.3 teaspoons salt
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water
- ☐ 1.5 cups flour whole-wheat

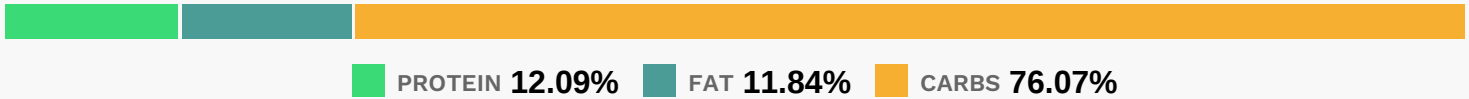
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Follow manufacturer's instructions for placing all ingredients into bread pan; select bake cycle, and start bread machine.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:10.25, Inflammation Score:-2, Nutrition Score:5.6956521699448%

Nutrients (% of daily need)

Calories: 136.51kcal (6.83%), Fat: 1.84g (2.82%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 24.41g (8.88%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 244.1mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.75mg (37.48%), Selenium: 16.21µg (23.16%), Vitamin B1: 0.13mg (8.8%), Fiber: 2.13g (8.51%), Phosphorus: 72.87mg (7.29%), Magnesium: 25.3mg (6.33%), Vitamin B3: 1.07mg (5.37%), Folate: 21.43µg (5.36%), Copper: 0.1mg (4.92%), Iron: 0.71mg (3.94%), Zinc: 0.57mg (3.81%), Vitamin B6: 0.07mg (3.67%), Vitamin B2: 0.05mg (3.02%), Vitamin K: 2.42µg (2.31%), Vitamin B5: 0.22mg (2.19%), Potassium: 75.63mg (2.16%), Vitamin E: 0.27mg (1.79%)