

Taste of Home

Grape-Nuts Bread

 Vegetarian  Vegan  Dairy Free

READY IN



190 min.

SERVINGS



24

CALORIES



103 kcal

Ingredients

- 1.7 cups water (70° to 80°)
- 3 tablespoons canola oil
- 4.5 teaspoons sugar
- 1 teaspoon salt
- 3.8 cups bread flour
- 0.8 cup grape nuts
- 1.5 teaspoons yeast dry

Equipment

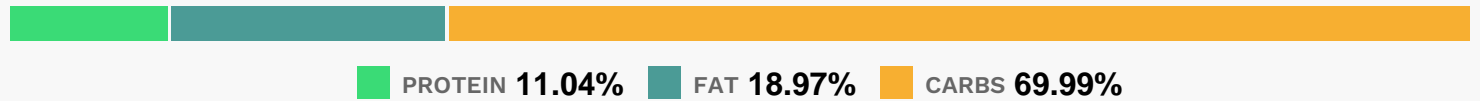
- oven

bread machine

Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed.)

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:9.7, Inflammation Score:-2, Nutrition Score:3.0795652339154%

Nutrients (% of daily need)

Calories: 102.58kcal (5.13%), Fat: 2.16g (3.32%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.92g (6.15%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 115.07mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Manganese: 0.27mg (13.64%), Selenium: 8.1µg (11.58%), Iron: 1.2mg (6.65%), Folate: 23.5µg (5.88%), Vitamin B1: 0.06mg (4.04%), Fiber: 0.99g (3.97%), Phosphorus: 37.11mg (3.71%), Vitamin B3: 0.59mg (2.93%), Vitamin E: 0.41mg (2.71%), Copper: 0.05mg (2.57%), Magnesium: 9.65mg (2.41%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.14mg (1.43%), Vitamin B2: 0.02mg (1.41%), Vitamin K: 1.38µg (1.31%), Vitamin A: 64.52IU (1.29%), Potassium: 35.92mg (1.03%)