



WHATShEATe



Hearty Oatmeal Loaf

READY IN



45 min.

SERVINGS



36

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 0.5 cup apple juice lukewarm
- ☐ 2 tablespoons brown sugar
- ☐ 2.7 cups flour all-purpose
- ☐ 1 tablespoon butter
- ☐ 0.8 cup milk lukewarm
- ☐ 0.5 cup cooking oats quick
- ☐ 1 teaspoon salt

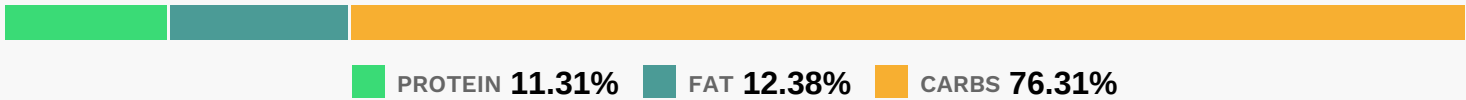
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select White Bread or Basic cycle, and Start.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:1.9630434911536%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 48.48kcal (2.42%), Fat: 0.66g (1.02%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 8.78g (3.19%), Sugar: 1.26g (1.4%), Cholesterol: 0.61mg (0.2%), Sodium: 70.84mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin B1: 0.1mg (6.92%), Manganese: 0.12mg (5.78%), Folate: 21.87µg (5.47%), Selenium: 3.65µg (5.21%), Vitamin B2: 0.06mg (3.68%), Vitamin B3: 0.64mg (3.21%), Iron: 0.5mg (2.75%), Phosphorus: 21.89mg (2.19%), Fiber: 0.41g (1.66%), Magnesium: 6.04mg (1.51%)