

Hearty Wheat Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



92 kcal

BREAD

Ingredients

- ☐ 1.5 cups bread flour divided
- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup guinness stout hot (100° to 110°)
- ☐ 1.1 teaspoons salt
- ☐ 0.5 cup strong coffee decoction hot brewed (100° to 110°)
- ☐ 0.3 cup wheat germ toasted
- ☐ 1 cup flour whole wheat

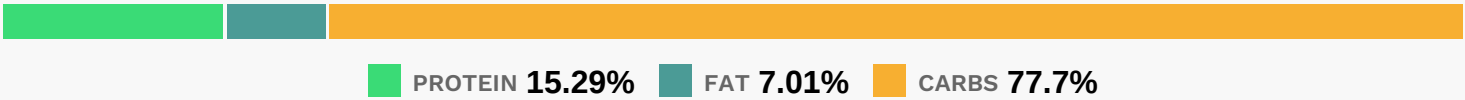
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Combine coffee and stout in a large bowl. Dissolve yeast in coffee mixture; let stand 5 minutes. Lightly spoon whole wheat flour into a dry measuring cup; level with a knife.
- ☐ Add whole wheat flour and wheat germ to yeast mixture; stir well to combine. Cover and let stand at room temperature 30 minutes to create a sponge (mixture will rise slightly and bubbles will form across the surface).
- ☐ Lightly spoon the bread flour into dry measuring cups; level with a knife. Stir 1 1/4 cups bread flour and salt into sponge; stir until a soft dough forms. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise a second time in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. Punch dough down; cover and let rest for 5 minutes. Shape dough into an 8-inch oval; place on a baking sheet sprinkled with 1 tablespoon cornmeal. Lightly coat the surface of dough with cooking spray. Cover and let rise in a warm place (85), free from drafts, for 30 minutes or until doubled in size.
- ☐ Preheat oven to 40
- ☐ Cut a shallow 1/4-inch slash down center of loaf.
- ☐ Bake at 400 for 20 minutes or until loaf is browned on bottom and sounds hollow when tapped. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:9.68, Glycemic Load:6.6, Inflammation Score:-2, Nutrition Score:5.2060869743481%

Nutrients (% of daily need)

Calories: 92.23kcal (4.61%), Fat: 0.72g (1.1%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 16.19g (5.89%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 188.01mg (8.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Caffeine: 3.39mg (1.13%), Protein: 3.52g (7.04%), Manganese: 0.74mg (36.82%), Selenium: 12.32µg (17.6%), Vitamin B1: 0.15mg (10.05%), Fiber: 1.71g (6.85%), Phosphorus: 65.93mg (6.59%), Folate: 26.07µg (6.52%), Magnesium: 21.29mg (5.32%), Vitamin B3: 0.93mg (4.67%), Zinc: 0.65mg (4.35%), Copper: 0.08mg (4%), Vitamin B6: 0.08mg (3.92%), Vitamin B2: 0.06mg (3.5%), Iron: 0.59mg (3.29%), Vitamin B5: 0.25mg (2.5%), Potassium: 74.09mg (2.12%)