



Herbed Oat Pan Bread

READY IN



55 min.

SERVINGS



20

CALORIES



147 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 6 tablespoons butter divided melted
- 0.5 teaspoon basil dried
- 1 eggs
- 3.8 cups flour all-purpose
- 0.3 teaspoon garlic powder
- 0.3 teaspoon oregano dried
- 1 tablespoon parmesan cheese grated
- 1 cup oats

- 2 teaspoons salt
- 0.3 cup sugar
- 2 cups water boiling

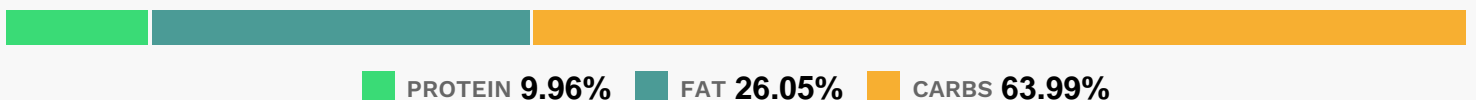
Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, pour boiling water over cereal.
- Add butter.
- Let stand until mixture cools to 120°–130°, stirring occasionally.
- In a large bowl, combine 1-1/2 cups flour, sugar, yeast and salt. Beat in oat mixture until moistened.
- Add egg. Beat on medium speed for 3 minutes. Stir in enough remaining flour to form a stiff dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes. Cover and let rest for 15 minutes.
- Punch dough down. Press dough into a greased 13-in. x 9-in. baking pan. Cover and let rise in a warm place until doubled, about 45 minutes.
- Brush with 4 tablespoons melted butter.
- Bake at 375° for 15 minutes.
- Brush with remaining butter.
- Combine the cheese, basil, garlic powder and oregano; sprinkle over bread.
- Bake 10–15 minutes longer or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:16.24, Inflammation Score:-3, Nutrition Score:5.4178261212681%

Nutrients (% of daily need)

Calories: 146.84kcal (7.34%), Fat: 4.26g (6.55%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.31g (8.11%), Sugar: 2.63g (2.92%), Cholesterol: 17.43mg (5.81%), Sodium: 269.26mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin B1: 0.29mg (19.01%), Manganese: 0.34mg (17.1%), Folate: 62.1µg (15.53%), Selenium: 10.21µg (14.59%), Vitamin B2: 0.16mg (9.55%), Vitamin B3: 1.71mg (8.54%), Iron: 1.37mg (7.6%), Phosphorus: 55.6mg (5.56%), Fiber: 1.23g (4.91%), Magnesium: 17.44mg (4.36%), Copper: 0.06mg (2.93%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.4mg (2.67%), Vitamin A: 119.61IU (2.39%), Vitamin B6: 0.03mg (1.51%), Potassium: 52.38mg (1.5%), Calcium: 11.95mg (1.2%), Vitamin E: 0.17mg (1.14%), Vitamin K: 1.09µg (1.04%)