



Herbed Oatmeal Pan Bread

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 ounce active yeast dry
- 3 tablespoons butter
- 0.5 teaspoon basil dried
- 1 large eggs
- 3.5 cups flour all-purpose
- 0.3 teaspoon garlic powder
- 6 tablespoons butter divided melted
- 1 cup regular oats uncooked
- 0.3 teaspoon oregano dried

- 1 tablespoon parmesan cheese grated
- 2 teaspoons salt
- 0.3 cup sugar
- 2 cups water

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- hand mixer

Directions

- Bring 2 cups water to a boil in a medium saucepan; stir in oats, and remove from heat. Stir in 3 tablespoons butter, and let mixture cool to 12
- Combine 1 1/2 cups flour, sugar, salt, and yeast in a large mixing bowl; add oat mixture and egg, and beat at low speed with an electric mixer until blended. Beat at medium speed 3 minutes. Stir in enough remaining flour to make a stiff dough.
- Turn dough out onto a floured surface, and knead until smooth and elastic (about 5 minutes). Cover and let rest 15 minutes.
- Punch dough down; turn out onto a lightly floured surface, and knead lightly 4 or 5 times. Press dough into a greased 13- x 9-inch pan.
- Cut diagonal lines 1 1/2 inches apart, cutting completely through dough. Rotate pan, and repeat procedure in opposite direction forming diamonds.
- Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Combine cheese and next 3 ingredients; set aside.
- Drizzle dough with 4 tablespoons melted butter.
- Bake at 375 for 15 minutes; brush with remaining 2 tablespoons melted butter, and sprinkle with cheese mixture.
- Bake 10 more minutes or until golden brown.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:6.5386957767541%

Nutrients (% of daily need)

Calories: 196.36kcal (9.82%), Fat: 7.4g (11.39%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 26.46g (9.62%), Sugar: 3.26g (3.62%), Cholesterol: 11.9mg (3.97%), Sodium: 377.72mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin B1: 0.34mg (22.52%), Manganese: 0.38mg (19.01%), Folate: 74.15µg (18.54%), Selenium: 11.91µg (17.01%), Vitamin B2: 0.2mg (11.64%), Vitamin B3: 2.04mg (10.18%), Iron: 1.61mg (8.92%), Phosphorus: 66.26mg (6.63%), Fiber: 1.52g (6.07%), Vitamin A: 302.03IU (6.04%), Magnesium: 14.85mg (3.71%), Copper: 0.07mg (3.59%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.51mg (3.39%), Vitamin E: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.91%), Potassium: 66.16mg (1.89%), Calcium: 16.21mg (1.62%)