



Homemade Wheat Bread Machine Mix

READY IN



220 min.

SERVINGS



100

CALORIES



115 kcal

Ingredients

- ☐ 5 lb yukon gold potatoes for flour
- ☐ 5 lb flour whole wheat
- ☐ 1.8 cups powdered milk dry
- ☐ 1.3 cups sugar
- ☐ 4.5 tablespoons salt
- ☐ 1 loaf butter
- ☐ 1 loaf yeast dry quick

Equipment

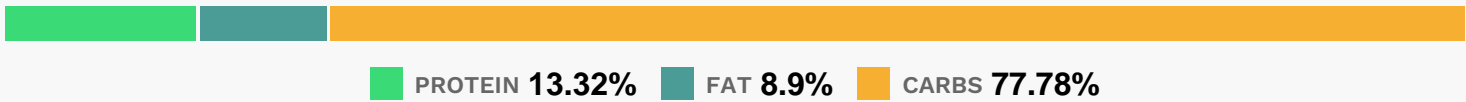
- ☐ bowl

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Mix all ingredients in extra-large bowl until well blended.
- ☐ Store tightly covered in bulk, or measure into quantities for 1 1/2- pound or 2-pound loaf recipes (below). Package in fancy jars or bags along with the bread recipe for gift giving. To Make 1 1/2-Pound Loaf: Measure 1 cup plus 2 tablespoons water, 2 tablespoons butter or margarine, softened, 3 1/2 cups Homemade Wheat Bread Machine
- ☐ Mix and 1 1/2 teaspoons bread machine or quick active dry yeast into bread machine pan in the order recommended by the manufacturer. Select Basic/White or Whole Wheat cycle and Medium or Light crust color.
- ☐ Remove baked bread from pan, and cool on wire rack. To Make 2-Pound Loaf: Measure 1 1/2 cups water, 3 tablespoons butter or margarine, softened, 4 1/2 cups Homemade Wheat Bread Machine
- ☐ Mix and 2 teaspoons bread machine or quick active dry yeast into bread machine pan in the order recommended by the manufacturer. Select Basic/White or Whole Wheat cycle and Medium or Light crust color.
- ☐ Remove baked bread from pan, and cool on wire rack. Makes eight 2-pound loaves (16 slices each).

Nutrition Facts



Properties

Glycemic Index:1.99, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:7.5000000764494%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 115.41kcal (5.77%), Fat: 1.2g (1.85%), Saturated Fat: 0.48g (3%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 20.71g (7.53%), Sugar: 3.63g (4.03%), Cholesterol: 2.17mg (0.72%), Sodium: 324.19mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.96mg (47.95%), Selenium: 14.47µg (20.67%), Fiber: 2.93g (11.71%), Phosphorus: 111.34mg (11.13%), Magnesium: 38.21mg (9.55%), Vitamin B1: 0.14mg (9.3%), Vitamin B6: 0.17mg (8.31%), Vitamin B3: 1.38mg (6.91%), Copper: 0.12mg (5.99%), Potassium: 207.81mg (5.94%), Vitamin C: 4.66mg (5.65%), Iron: 1.01mg (5.6%), Zinc: 0.73mg (4.88%), Vitamin B2: 0.07mg (4.26%), Folate: 14.67µg (3.67%), Calcium: 31.09mg (3.11%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.24µg (1.57%), Vitamin B12: 0.07µg (1.21%), Vitamin E: 0.18mg (1.18%)