



Honey Buttermilk Oatbread

 Vegetarian

READY IN



195 min.

SERVINGS



24

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 3.3 cups bread flour
- 1.5 teaspoons bread machine yeast dry
- 1.1 cups buttermilk
- 1 eggs
- 0.3 cup honey
- 2 tablespoons powdered milk dry
- 0.3 cup oat bran

- 0.5 cup rolled oats
- 2 teaspoons salt
- 2 tablespoons butter unsalted softened

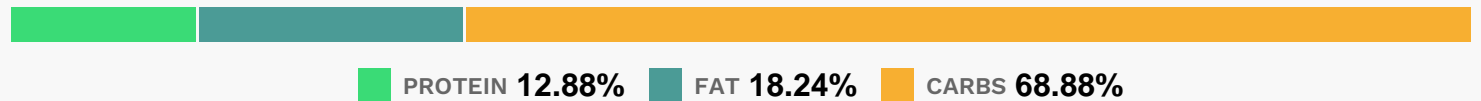
Equipment

- bread machine

Directions

- Place the ingredients into the bread machine in the order recommended by the manufacturer. Select the setting for white bread. Press Start.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:10.8, Inflammation Score:-1, Nutrition Score:3.357391325028%

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 2.2g (3.38%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.74g (6.45%), Sugar: 3.79g (4.21%), Cholesterol: 11.17mg (3.72%), Sodium: 234.27mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Manganese: 0.3mg (14.91%), Selenium: 9.28µg (13.26%), Phosphorus: 56.43mg (5.64%), Vitamin B1: 0.08mg (5.53%), Folate: 16.11µg (4.03%), Vitamin B2: 0.07mg (3.88%), Fiber: 0.93g (3.74%), Magnesium: 12.73mg (3.18%), Copper: 0.05mg (2.63%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.25mg (2.5%), Calcium: 24.82mg (2.48%), Iron: 0.38mg (2.11%), Potassium: 64.04mg (1.83%), Vitamin D: 0.27µg (1.77%), Vitamin B3: 0.35mg (1.76%), Vitamin B12: 0.09µg (1.51%), Vitamin A: 63.8IU (1.28%), Vitamin B6: 0.03mg (1.27%), Vitamin E: 0.15mg (1.01%)