



Honey-Oat Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



903 kcal

BREAD

Ingredients

- ☐ 0.8 ounce active yeast dry
- ☐ 1.7 cups bread flour divided
- ☐ 1 egg white
- ☐ 2 large eggs
- ☐ 0.5 cup honey
- ☐ 0.5 cup unprocessed oat bran
- ☐ 1 cup regular oats uncooked
- ☐ 1.5 teaspoons salt

- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon water
- ☐ 1.8 cups water
- ☐ 2.5 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients in a saucepan; heat to 120 to 13
- ☐ Combine 1 2/3 cups bread flour and next 4 ingredients in a large mixing bowl. Gradually add honey mixture and eggs, beating at low speed with a heavy-duty electric mixer until blended. Beat at medium speed 3 more minutes. Gradually stir in wheat flour and enough remaining bread flour to form a soft dough.
- ☐ Turn dough out onto a well-floured surface. Knead until smooth and elastic (about 10 minutes).
- ☐ Place in a well-greased bowl, turning to grease top.
- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; let rest 15 minutes. Divide in half, shaping each portion into 2 small balls.
- ☐ Place 2 balls, side by side, in each of 2 well-greased 9- x 5-inch loafpans.
- ☐ Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled in bulk.
- ☐ Combine egg white and 1 tablespoon water; brush on tops of loaves.
- ☐ Bake at 375 for 35 to 40 minutes or until loaves sound hollow when tapped. (Cover with aluminum foil the last 15 minutes to prevent excessive browning, if necessary.)

- ☐
- Remove from pans immediately; cool on wire racks.
- ☐
- Honey–Oat Buns: After letting dough rest, divide into 12 portions; shape into buns.
- ☐
- Place on greased baking sheets. Cover and let rise 20 minutes or until doubled in bulk.
- ☐
- Bake at 375 for 15 minutes.

Nutrition Facts

PROTEIN 11.57% FAT 24.54% CARBS 63.89%

Properties

Glycemic Index:53.44, Glycemic Load:51.5, Inflammation Score:-8, Nutrition Score:34.750869316899%

Nutrients (% of daily need)

Calories: 903.08kcal (45.15%), Fat: 26.08g (40.12%), Saturated Fat: 4.48g (28%), Carbohydrates: 152.75g (50.92%), Net Carbohydrates: 137.6g (50.04%), Sugar: 35.82g (39.8%), Cholesterol: 93mg (31%), Sodium: 934.13mg (40.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.32%), Manganese: 5.1mg (255.18%), Selenium: 89.6µg (128%), Vitamin B1: 1.28mg (85.46%), Fiber: 15.15g (60.59%), Phosphorus: 597.66mg (59.77%), Folate: 201.76µg (50.44%), Magnesium: 187.63mg (46.91%), Vitamin B2: 0.6mg (35.02%), Vitamin K: 35.97µg (34.26%), Vitamin B3: 6.82mg (34.1%), Iron: 5.59mg (31.05%), Copper: 0.62mg (30.9%), Zinc: 4.45mg (29.67%), Vitamin B6: 0.5mg (25.12%), Vitamin B5: 2.28mg (22.75%), Vitamin E: 2.73mg (18.17%), Potassium: 602.32mg (17.21%), Calcium: 74.97mg (7.5%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.5µg (3.33%), Vitamin A: 142.79IU (2.86%)