



# Honey Oatmeal Bread I

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



61 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.3 ounce yeast dry
- 1 cup bread flour
- 1 tablespoon butter
- 2 tablespoons honey
- 0.9 cup milk
- 0.3 cup rolled oats
- 1 teaspoon salt
- 0.5 cup water

- 0.1 cup wheat germ
- 1.3 cups flour whole wheat

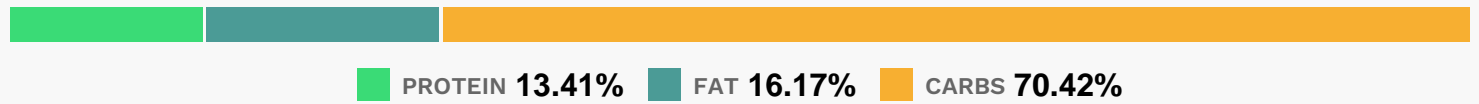
## Equipment

- bread machine

## Directions

- Place ingredients in the bread machine pan in the order suggested by the manufacturer. Select the multigrain setting, and press start.

## Nutrition Facts



## Properties

Glycemic Index:10.3, Glycemic Load:3.55, Inflammation Score:-1, Nutrition Score:3.1991304480673%

## Nutrients (% of daily need)

Calories: 61.21kcal (3.06%), Fat: 1.14g (1.75%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.1g (3.67%), Sugar: 1.92g (2.13%), Cholesterol: 2.32mg (0.77%), Sodium: 104.85mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Manganese: 0.41mg (20.43%), Selenium: 6.86µg (9.8%), Vitamin B1: 0.09mg (5.88%), Phosphorus: 46.95mg (4.69%), Fiber: 1.04g (4.16%), Magnesium: 13.79mg (3.45%), Folate: 13.38µg (3.35%), Vitamin B3: 0.54mg (2.71%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.38mg (2.51%), Vitamin B6: 0.05mg (2.31%), Copper: 0.05mg (2.3%), Iron: 0.36mg (2%), Vitamin B5: 0.16mg (1.58%), Potassium: 53.53mg (1.53%), Calcium: 15.06mg (1.51%)