

Honey Of An Oatmeal Bread

 Vegetarian  Dairy Free

READY IN



185 min.

SERVINGS



24

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon yeast dry
- 2.3 cups bread flour
- 0.3 cup honey
- 0.5 cup rolled oats
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup water

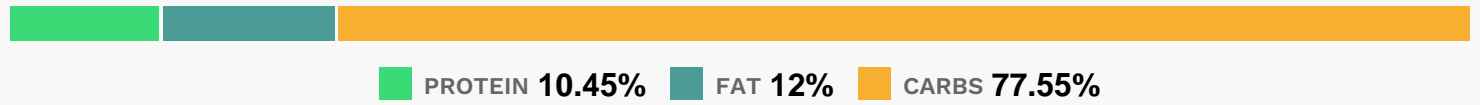
Equipment

bread machine

Directions

- Place ingredients in bread machine pan in the order suggested by the manufacturer.
- Select Light Crust or Basic setting, and press Start.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:7.62, Inflammation Score:-1, Nutrition Score:1.5256521826529%

Nutrients (% of daily need)

Calories: 66.44kcal (3.32%), Fat: 0.89g (1.37%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.42g (4.52%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 97.94mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Manganese: 0.16mg (8.05%), Selenium: 5.35µg (7.65%), Vitamin B1: 0.03mg (2.12%), Fiber: 0.5g (2.02%), Phosphorus: 19.68mg (1.97%), Folate: 7.65µg (1.91%), Copper: 0.03mg (1.61%), Magnesium: 5.61mg (1.4%), Zinc: 0.18mg (1.23%), Iron: 0.2mg (1.11%), Vitamin K: 1.11µg (1.06%)