

Irish Oatmeal Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 3.3 cups flour all-purpose divided
- ☐ 1 Dash granulated sugar
- ☐ 3 tablespoons brown sugar light
- ☐ 1 tablespoon salt
- ☐ 1.8 cups irish oats

- ☐ 0.5 cup water (100° to 110°)
- ☐ 2.3 cups water boiling
- ☐ 3 cups flour whole wheat

Equipment

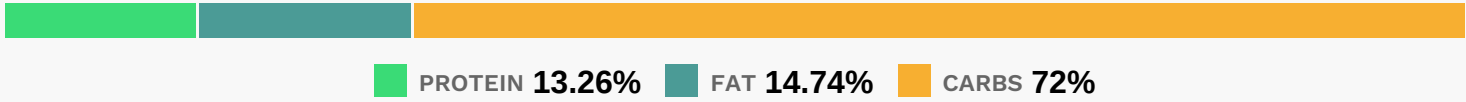
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Combine the first 5 ingredients in the bowl of a stand-up mixer, and let stand 25 minutes.
- ☐ Dissolve granulated sugar and yeast in warm water; let stand 5 minutes or until foamy.
- ☐ Add to oat mixture. Lightly spoon flours into dry measuring cups; level with a knife. Gradually add 2 3/4 cups all-purpose flour and 3 cups whole wheat flour to oat mixture. Beat at medium speed until well blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 14 x 8-inch rectangle on a floured surface.
- ☐ Roll up each rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place each loaf, seam sides down, in a 9-inch loaf pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 35

- ☐ Uncover dough, and brush egg evenly over loaves.
- ☐ Bake at 350 for 45 minutes or until loaves are browned on bottom and sound hollow when tapped.
- ☐ Remove from pan, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:22.34, Inflammation Score:-5, Nutrition Score:12.694347836401%

Nutrients (% of daily need)

Calories: 310.17kcal (15.51%), Fat: 5.18g (7.96%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 50.88g (18.5%), Sugar: 2.76g (3.07%), Cholesterol: 19.74mg (6.58%), Sodium: 527.33mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.95%), Manganese: 1.25mg (62.54%), Selenium: 26.97µg (38.52%), Vitamin B1: 0.47mg (31.23%), Fiber: 6g (24.02%), Folate: 89.61µg (22.4%), Iron: 3.21mg (17.82%), Vitamin B3: 3.4mg (16.98%), Vitamin B2: 0.24mg (14.3%), Phosphorus: 137.4mg (13.74%), Magnesium: 43.35mg (10.84%), Copper: 0.16mg (8.16%), Vitamin B6: 0.14mg (6.98%), Zinc: 1.01mg (6.71%), Vitamin B5: 0.48mg (4.79%), Potassium: 143.11mg (4.09%), Calcium: 29.95mg (3%), Vitamin E: 0.31mg (2.05%), Vitamin A: 96.57IU (1.93%)