

# Kid-Friendly Wheat Bread

 Vegetarian

READY IN



165 min.

SERVINGS



16

CALORIES



224 kcal

BREAD

## Ingredients

- 0.5 ounce yeast dry
- 0.3 cup brown sugar packed
- 2 cups flour all-purpose
- 0.5 cup milk room temperature
- 2 teaspoons salt
- 0.3 cup vegetable oil
- 1.5 cups water (110 degrees F/45 degrees C)
- 4 cups flour whole wheat

## Equipment

- bowl
- oven
- wire rack
- loaf pan
- stand mixer
- rolling pin
- serrated knife

## Directions

- Measure the water into a large bowl, or the bowl of a stand mixer and stir in 1 tablespoon of brown sugar.
- Sprinkle the yeast over the top and set aside until foamy, about 10 minutes.
- Add 1 cup of the all-purpose flour and 3 cups of whole wheat flour to the bowl along with the brown sugar, salt, vegetable oil and milk.
- Mix on low speed to blend ingredients. Continue to mix on medium speed, adding the rest of the flour 1/2 cup at a time, until the dough clings to the hook and cleans the sides of the bowl. You may not need to add all of the flour.
- Mix on medium speed for about 5 minutes. Oil the bowl and turn the dough to coat. Cover loosely and set aside to rise until doubled, about 1 hour.
- Punch down the dough and place on a floured surface. Divide into two equal portions and use a rolling pin to roll each one into a rectangle that is about 16x8 inches. Be sure to press out all of the air bubbles.
- Roll the rectangles into loaves and pinch the seam together.
- Place loaves seam side down into greased 9x5 inch loaf pans.
- Cut a few slits across the top of each loaf using a sharp serrated knife. Set aside to rise until your finger leaves a dimple when you press into a loaf, 30 to 45 minutes. Preheat the oven to 400 degrees F (200 degrees C).
- Bake the loaves for 15 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C).

Bake for an additional 30 minutes, or until loaves are deep brown.

Remove from pans to cool on a wire rack.

## Nutrition Facts

 **PROTEIN 10.7%**  **FAT 22.38%**  **CARBS 66.92%**

### Properties

Glycemic Index:7.06, Glycemic Load:8.76, Inflammation Score:-4, Nutrition Score:11.478260737398%

### Nutrients (% of daily need)

Calories: 223.89kcal (11.19%), Fat: 5.76g (8.86%), Saturated Fat: 1g (6.23%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 34.86g (12.68%), Sugar: 4.98g (5.53%), Cholesterol: 0.92mg (0.31%), Sodium: 297.34mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Manganese: 1.33mg (66.67%), Selenium: 24.11µg (34.44%), Vitamin B1: 0.38mg (25%), Folate: 62.57µg (15.64%), Fiber: 3.87g (15.48%), Vitamin B3: 2.78mg (13.89%), Phosphorus: 137.5mg (13.75%), Magnesium: 46.57mg (11.64%), Iron: 1.86mg (10.33%), Vitamin B2: 0.17mg (10.16%), Vitamin K: 9µg (8.57%), Copper: 0.16mg (7.77%), Vitamin B6: 0.15mg (7.44%), Zinc: 1mg (6.64%), Potassium: 151.67mg (4.33%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.6mg (3.98%), Calcium: 26.84mg (2.68%)