



Mac's Shoe-Fly Bread

 Vegetarian

READY IN



185 min.

SERVINGS



36

CALORIES



62 kcal

Ingredients

- 3.5 cups bread flour
- 1 tablespoon butter
- 0.3 cup blackstrap molasses dark
- 2 teaspoons yeast instant
- 1.5 tablespoons powdered milk
- 0.3 cup rolled oats
- 1 teaspoon salt
- 1.3 cups warm water
- 2 teaspoons sugar white

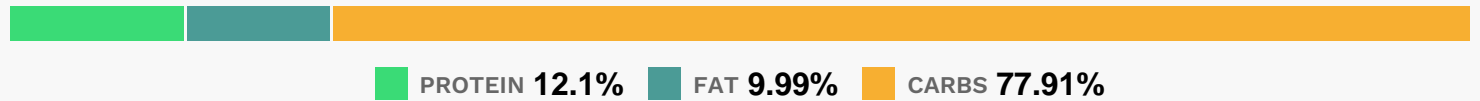
Equipment

- frying pan
- bread machine

Directions

- Place all ingredients except 1/4 cup rolled oats in the pan of the bread machine in the order recommended by the manufacturer. Select White Bread cycle, light crust; press Start.
- If your machine has a Fruit setting, add the remaining oats at the signal, or about 5 minutes before the kneading cycle has finished.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:7.07, Inflammation Score:-1, Nutrition Score:2.2700000087042%

Nutrients (% of daily need)

Calories: 62.42kcal (3.12%), Fat: 0.69g (1.06%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.72g (3.02%), Cholesterol: 1.14mg (0.38%), Sodium: 70.44mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Manganese: 0.17mg (8.34%), Selenium: 5.65µg (8.07%), Vitamin B1: 0.09mg (5.86%), Folate: 19.92µg (4.98%), Magnesium: 12.08mg (3.02%), Vitamin B2: 0.04mg (2.28%), Copper: 0.04mg (2.2%), Phosphorus: 21.83mg (2.18%), Vitamin B3: 0.43mg (2.14%), Fiber: 0.53g (2.11%), Potassium: 70.38mg (2.01%), Vitamin B6: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.82%), Iron: 0.3mg (1.65%), Zinc: 0.2mg (1.32%), Calcium: 11.94mg (1.19%)