



Mama's Oatmeal Bread

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 cups bread flour
- ☐ 0.3 cup brown sugar packed
- ☐ 1 package yeast dry
- ☐ 1 eggs lightly beaten
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup oats
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

☐ 0.8 cup water boiling

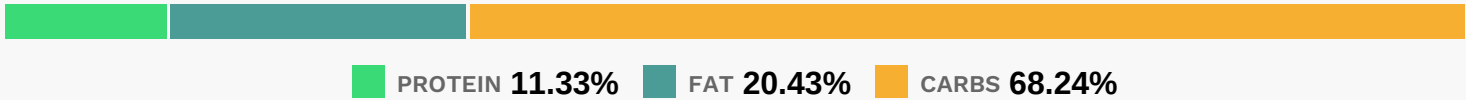
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Combine first 5 ingredients in a bowl; stir well.
- ☐ Let cool slightly.
- ☐ Follow manufacturer's instructions for placing oat mixture and remaining ingredients into bread pan; select bake cycle, and start bread machine.

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:13.69, Inflammation Score:-2, Nutrition Score:3.7730434864921%

Nutrients (% of daily need)

Calories: 150.06kcal (7.5%), Fat: 3.4g (5.22%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 24.46g (8.9%), Sugar: 3.95g (4.38%), Cholesterol: 11.69mg (3.9%), Sodium: 201.68mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.47%), Selenium: 12.67µg (18.1%), Manganese: 0.34mg (17.1%), Vitamin B1: 0.09mg (6.24%), Folate: 23.01µg (5.75%), Phosphorus: 49.5mg (4.95%), Fiber: 1.05g (4.2%), Magnesium: 15.78mg (3.94%), Copper: 0.07mg (3.43%), Vitamin B2: 0.05mg (3.24%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.26mg (2.61%), Iron: 0.47mg (2.61%), Vitamin A: 124.82IU (2.5%), Vitamin B3: 0.5mg (2.5%), Vitamin E: 0.25mg (1.69%), Potassium: 52.78mg (1.51%), Vitamin B6: 0.03mg (1.38%), Calcium: 12.06mg (1.21%)