



Maple Oatmeal Bread

 Vegetarian  Vegan  Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.3 teaspoons yeast dry
- 2.5 cups bread flour
- 1 tablespoon canola oil
- 0.3 cup maple syrup
- 0.8 cup oats
- 1 teaspoon salt
- 0.8 cup water

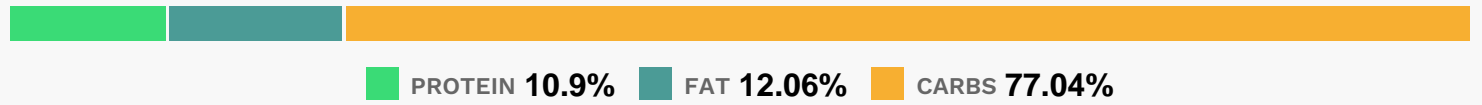
Equipment

- oven
- bread machine

Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:12.28, Inflammation Score:-2, Nutrition Score:3.6121738742551%

Nutrients (% of daily need)

Calories: 111.88kcal (5.59%), Fat: 1.49g (2.3%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.51g (7.46%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 147.23mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Manganese: 0.47mg (23.71%), Selenium: 9.08µg (12.97%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.09mg (5.91%), Folate: 17.9µg (4.47%), Magnesium: 16.9mg (4.23%), Phosphorus: 39.14mg (3.91%), Fiber: 0.94g (3.77%), Copper: 0.05mg (2.67%), Zinc: 0.37mg (2.47%), Iron: 0.37mg (2.06%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.26mg (1.72%), Potassium: 52.44mg (1.5%), Calcium: 12.58mg (1.26%)