

Maple Whole Wheat Bread



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



24

CALORIES



72 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.5 cup bread flour
- ☐ 4 tablespoons maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water
- ☐ 2.5 cups flour whole wheat

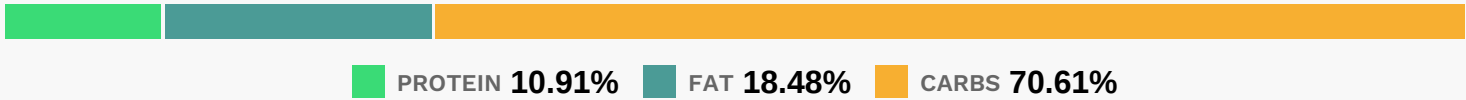
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select wheat bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:3.9995651875177%

Nutrients (% of daily need)

Calories: 71.85kcal (3.59%), Fat: 1.54g (2.36%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 11.76g (4.28%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 33.64mg (1.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.61mg (30.32%), Selenium: 8.77µg (12.53%), Vitamin B1: 0.09mg (5.89%), Fiber: 1.45g (5.81%), Phosphorus: 48.39mg (4.84%), Magnesium: 18.71mg (4.68%), Vitamin B2: 0.07mg (4.25%), Vitamin B3: 0.73mg (3.63%), Copper: 0.06mg (2.94%), Vitamin B6: 0.05mg (2.74%), Folate: 10.91µg (2.73%), Iron: 0.49mg (2.71%), Zinc: 0.39mg (2.58%), Vitamin E: 0.27mg (1.78%), Potassium: 57.35mg (1.64%), Vitamin B5: 0.11mg (1.13%)