



Microwave English Muffin Bread

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



259 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 0.1 teaspoon baking soda
- 2 cups flour all-purpose
- 1 cup milk lukewarm
- 1 teaspoon salt
- 0.3 cup warm water (110 degrees F/45 degrees C)
- 2 teaspoons sugar white
- 1 cup flour whole wheat

1 tablespoon cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- loaf pan
- microwave

Directions

- Lightly grease a microwave-safe 9x5 inch loaf pan; sprinkle pan with cornmeal.
- In a large bowl, dissolve yeast in water.
- Add milk, sugar, salt, soda and whole wheat flour; beat well. Beat in all-purpose flour, 1/2 cup at a time, until a soft dough is formed. Turn dough out onto a lightly floured surface, and knead for about 5 minutes, or until smooth. Form into a loaf, and place into the prepared pan.
- Place in microwave oven uncovered, at 50 percent power, for 1 minute.
- Let rest for 10 minutes. Repeat 1 or 2 times until loaf has doubled in size.
- Microwave on high for 4 to 6 minutes, until top is no longer moist.
- Let stand for 5 minutes in pan.
- Remove and cool on a rack.

Nutrition Facts

PROTEIN 13.63% FAT 8.26% CARBS 78.11%

Properties

Glycemic Index:41.93, Glycemic Load:25.38, Inflammation Score:-5, Nutrition Score:13.542173769163%

Nutrients (% of daily need)

Calories: 259.44kcal (12.97%), Fat: 2.4g (3.7%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 47.38g (17.23%), Sugar: 3.51g (3.9%), Cholesterol: 4.88mg (1.63%), Sodium: 428.24mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Manganese: 1.11mg (55.73%), Selenium: 27.46µg

(39.23%), Vitamin B1: 0.59mg (39.01%), Folate: 113.26µg (28.31%), Vitamin B2: 0.34mg (20.24%), Vitamin B3: 4.01mg (20.05%), Phosphorus: 168.75mg (16.87%), Iron: 2.73mg (15.18%), Fiber: 3.74g (14.96%), Magnesium: 43.98mg (10.99%), Copper: 0.15mg (7.68%), Vitamin B6: 0.15mg (7.6%), Zinc: 1.13mg (7.51%), Calcium: 64.07mg (6.41%), Vitamin B5: 0.62mg (6.24%), Potassium: 194.94mg (5.57%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.45µg (2.98%), Vitamin A: 67.68IU (1.35%), Vitamin E: 0.19mg (1.29%)