



Molasses Oat Bran Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



113 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 2 tablespoons butter melted
- 0.3 cup blackstrap molasses
- 1 tablespoon oat bran
- 0.5 teaspoon salt
- 1 cup warm water
- 1 pinch sugar white
- 3 cups flour whole wheat

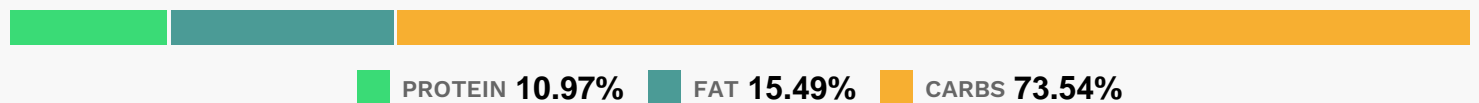
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast and a pinch of sugar in warm water. Set aside to rest for about 5 minutes.
- Mix butter or margarine and molasses into yeast.
- Add 1 cup oat bran, 2 cups flour, and salt. Stir, and add flour as needed to make dough stick together. When dough forms a ball, turn out onto a lightly floured surface. Knead for 8 to 10 minutes, adding flour as needed to make a slightly sticky and moist dough.
- Place in a buttered bowl, and turn to coat the surface. Cover with a damp cloth, and let rise until doubled in bulk, about 1 1/2 to 2 hours.
- Punch down, and form into two round or oval loaves.
- Place on a greased baking sheet, and allow to rise 1 hour, or until loaves have doubled in size.
- Sprinkle 1 tablespoon oat bran on top of the loaves.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes, or until the tops are a nice dark brown and the bottoms of the loaves sound hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:13.66, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:7.5878260726838%

Nutrients (% of daily need)

Calories: 113.36kcal (5.67%), Fat: 2.09g (3.21%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 19.63g (7.14%), Sugar: 5.41g (6.02%), Cholesterol: 3.76mg (1.25%), Sodium: 87.97mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Manganese: 1.08mg (53.8%), Selenium: 15.63µg (22.32%), Magnesium: 50.41mg (12.6%), Vitamin B1: 0.18mg (11.7%), Fiber: 2.67g (10.68%), Phosphorus: 92.53mg

(9.25%), Vitamin B6: 0.15mg (7.34%), Vitamin B3: 1.37mg (6.84%), Copper: 0.13mg (6.73%), Iron: 1.2mg (6.68%), Potassium: 194.08mg (5.55%), Folate: 20.8µg (5.2%), Zinc: 0.67mg (4.48%), Vitamin B2: 0.06mg (3.39%), Vitamin B5: 0.27mg (2.68%), Calcium: 23.62mg (2.36%), Vitamin E: 0.21mg (1.4%)