

## Multigrain Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



142 kcal

### Ingredients

- 3.5 cups bread flour
- 2.5 teaspoons bread-machine yeast
- 0.3 cup brown sugar packed
- 2 tablespoons honey
- 0.5 cup buttermilk low-fat
- 0.3 cup regular oats
- 2 teaspoons salt
- 1 cup warm water (100° to 110°)
- 0.3 cup wheat bran

0.3 cup cornmeal yellow

## Equipment

oven

knife

loaf pan

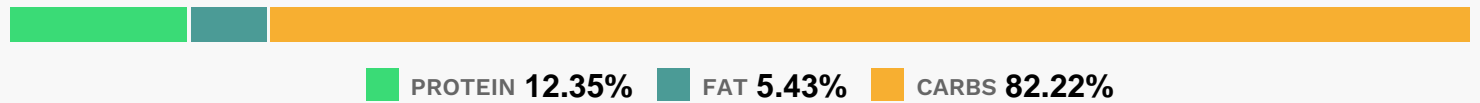
measuring cup

bread machine

## Directions

Lightly spoon flour into dry measuring cups; level with a knife. Follow manufacturer's instructions for placing flour and the remaining ingredients into bread pan, and select the bake cycle; start the bread machine.

## Nutrition Facts



## Properties

Glycemic Index:16.86, Glycemic Load:15.43, Inflammation Score:-1, Nutrition Score:4.3282608376897%

## Nutrients (% of daily need)

Calories: 141.56kcal (7.08%), Fat: 0.86g (1.32%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 27.68g (10.07%), Sugar: 5.99g (6.65%), Cholesterol: 0.3mg (0.1%), Sodium: 304.73mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Manganese: 0.39mg (19.51%), Selenium: 12.35µg (17.64%), Vitamin B1: 0.13mg (8.48%), Folate: 29.47µg (7.37%), Fiber: 1.62g (6.47%), Phosphorus: 58.28mg (5.83%), Magnesium: 18.54mg (4.63%), Vitamin B2: 0.07mg (4.07%), Vitamin B3: 0.79mg (3.97%), Copper: 0.08mg (3.96%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.3mg (2.99%), Iron: 0.53mg (2.94%), Vitamin B6: 0.05mg (2.7%), Potassium: 75.3mg (2.15%), Calcium: 18.14mg (1.81%)