



HEALTH SCORE

64%

Multigrain Honey Bread



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



16

CALORIES



375 kcal

BREAD

Ingredients



1 cup wheat bran flakes cereal (such as Bran Flakes)



4.5 teaspoons yeast dry



8 cups flour all-purpose divided



0.3 cup honey



2 cups regular oats



4 teaspoons salt



4 cups warm water (100° to 110°)



1 cup wheat germ toasted

- ☐ 2 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Dissolve honey and yeast in warm water in a large bowl, and let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 7 cups all-purpose flour, whole wheat flour, and the next 4 ingredients (whole wheat flour through salt) to yeast mixture; stir well to form a stiff dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch the dough down; cover and let rest 5 minutes. Divide in half. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 15 x 8-inch rectangle on a floured surface.
- ☐ Roll up each rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place rolls, seam sides down, in 2 (9 x 5-inch) loaf pans coated with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough; bake at 350 for 40 minutes or until loaves are browned on bottom and sound hollow when tapped.
- ☐ Remove from pans; cool on wire racks.

Nutrition Facts



 **PROTEIN 12.71%**  **FAT 5.85%**  **CARBS 81.44%**

Properties

Glycemic Index:14.97, Glycemic Load:41, Inflammation Score:-7, Nutrition Score:20.746956573394%

Nutrients (% of daily need)

Calories: 375.3kcal (18.77%), Fat: 2.47g (3.79%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 77.27g (25.76%), Net Carbohydrates: 71.29g (25.93%), Sugar: 6.59g (7.33%), Cholesterol: 0mg (0%), Sodium: 601.58mg (26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Manganese: 2.46mg (122.96%), Vitamin B1: 0.88mg (58.44%), Selenium: 40.52µg (57.88%), Folate: 181.71µg (45.43%), Vitamin B3: 5.81mg (29.07%), Iron: 5.07mg (28.19%), Vitamin B2: 0.46mg (26.93%), Phosphorus: 240.2mg (24.02%), Fiber: 5.97g (23.89%), Magnesium: 72.41mg (18.1%), Zinc: 2.3mg (15.31%), Copper: 0.28mg (13.86%), Vitamin B6: 0.25mg (12.47%), Vitamin B5: 0.78mg (7.85%), Potassium: 247.6mg (7.07%), Calcium: 26.47mg (2.65%), Vitamin B12: 0.13µg (2.09%), Vitamin E: 0.21mg (1.37%), Vitamin A: 63.85IU (1.28%)