

Nutty Wheat Bread

 Vegetarian  Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



194 kcal

BREAD

Ingredients

- 2.3 teaspoons yeast dry
- 2 cups bread flour
- 2 tablespoons honey
- 2 tablespoons blackstrap molasses
- 2 tablespoons olive oil
- 0.3 cup pecans chopped
- 1.5 teaspoons salt
- 0.3 cup walnut pieces chopped

1 cup water (70° to 80°)

1 cup flour whole wheat

Equipment

oven

bread machine

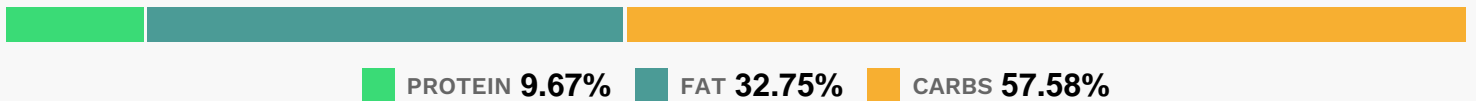
Directions

In bread machine pan, place the first eight ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.

Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

Just before the final kneading (your machine may audibly signal this), add the pecans and walnuts.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:12.45, Inflammation Score:-3, Nutrition Score:6.8834782139925%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 194.21kcal (9.71%), Fat: 7.28g (11.19%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 26.55g (9.65%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 294.07mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Manganese: 0.88mg (43.76%), Selenium: 15.39µg (21.99%), Vitamin B1: 0.16mg (10.9%), Copper: 0.19mg (9.52%), Magnesium: 36.36mg (9.09%), Fiber: 2.24g (8.97%), Phosphorus: 80.43mg (8.04%), Folate: 28.85µg (7.21%), Vitamin B3: 1.05mg (5.23%), Vitamin B6: 0.1mg (5.21%), Iron:

0.92mg (5.11%), Zinc: 0.74mg (4.94%), Potassium: 140.02mg (4%), Vitamin E: 0.56mg (3.7%), Vitamin B2: 0.06mg (3.68%), Vitamin B5: 0.3mg (3.04%), Calcium: 19.84mg (1.98%), Vitamin K: 1.85µg (1.76%)