



Oat Bran Health Bread

 Vegetarian  Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



425 kcal

BREAD

Ingredients

- 2.5 teaspoons yeast dry
- 1.3 cups bread flour
- 2 tablespoons canola oil
- 0.5 cup ground flaxseed
- 3 tablespoons honey
- 1.5 cups oat bran
- 0.5 teaspoon salt
- 1.5 cups water

1.5 cups flour whole wheat

Equipment

bowl

frying pan

oven

loaf pan

bread machine

Directions

Add water, yeast, canola oil and honey to the pan of the bread machine; stir to dissolve yeast.

Let stand until creamy, about 10 minutes.

In a large bowl, stir together oat bran, whole wheat flour, bread flour, flax seed meal and salt.

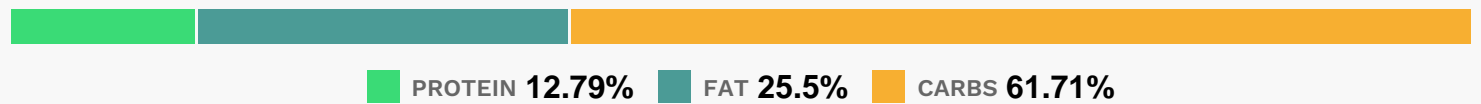
Pour this mixture into the pan of the bread machine. Select Whole Wheat cycle; press Start.

After the dough has risen, remove it from the bread machine and turn it out onto a lightly floured surface. Form into a loaf shape and place in a lightly greased 9x5 inch loaf pan.

Let rise until doubled, about 45 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).

Bake at 375 degrees F (190 degrees C) for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:34.3, Glycemic Load:25.94, Inflammation Score:-7, Nutrition Score:23.140434669898%

Nutrients (% of daily need)

Calories: 424.66kcal (21.23%), Fat: 13.71g (21.1%), Saturated Fat: 1.44g (9%), Carbohydrates: 74.64g (24.88%), Net Carbohydrates: 62.13g (22.59%), Sugar: 9.47g (10.52%), Cholesterol: 0mg (0%), Sodium: 204.18mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.95%), Manganese: 3.47mg (173.65%), Selenium:

46.7µg (66.72%), Vitamin B1: 0.89mg (59.01%), Fiber: 12.51g (50.03%), Phosphorus: 448.52mg (44.85%), Magnesium: 172.32mg (43.08%), Copper: 0.48mg (23.81%), Iron: 3.79mg (21.06%), Folate: 80.11µg (20.03%), Zinc: 2.66mg (17.73%), Vitamin B3: 2.99mg (14.95%), Vitamin B6: 0.27mg (13.35%), Potassium: 432.76mg (12.36%), Vitamin B2: 0.21mg (12.32%), Vitamin B5: 1.06mg (10.64%), Vitamin E: 1.49mg (9.9%), Calcium: 68.68mg (6.87%), Vitamin K: 5.52µg (5.26%)