

Oat-N-Honey Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



85 kcal

BREAD

Ingredients

- 1.5 teaspoons yeast dry
- 1 cup buttermilk
- 1 eggs
- 1.5 cups flour all-purpose
- 2 tablespoons honey
- 0.5 cup oats quick
- 1.5 teaspoons salt
- 2 tablespoons vegetable oil

0.3 cup water (110 degrees F/45 degrees C)

1.5 cups flour whole wheat

Equipment

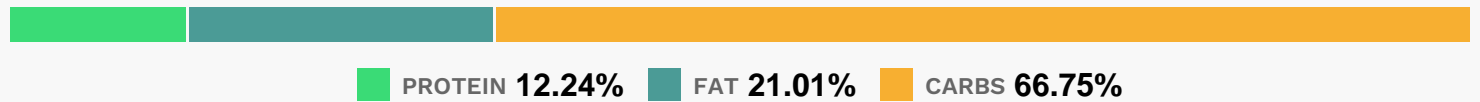
bread machine

Directions

Place ingredients into the bread machine in order suggested by the manufacturer.

Use the Light Crust or Whole Wheat settings. Start the machine.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:5.86, Inflammation Score:-2, Nutrition Score:4.2373912364406%

Nutrients (% of daily need)

Calories: 85kcal (4.25%), Fat: 2.03g (3.13%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 13.31g (4.84%), Sugar: 2.01g (2.23%), Cholesterol: 7.92mg (2.64%), Sodium: 159.1mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Manganese: 0.43mg (21.71%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.13mg (8.99%), Folate: 24.08µg (6.02%), Phosphorus: 56.39mg (5.64%), Vitamin B2: 0.09mg (5.12%), Fiber: 1.23g (4.91%), Vitamin B3: 0.94mg (4.69%), Magnesium: 17.94mg (4.49%), Iron: 0.76mg (4.22%), Copper: 0.05mg (2.7%), Zinc: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.29%), Vitamin K: 2.34µg (2.23%), Vitamin B5: 0.19mg (1.85%), Calcium: 17.37mg (1.74%), Potassium: 60.46mg (1.73%), Vitamin E: 0.19mg (1.26%), Vitamin D: 0.17µg (1.11%), Vitamin B12: 0.06µg (1.04%)