



Oatmeal Applesauce Bread

 Vegetarian

READY IN



185 min.

SERVINGS



36

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup apple sauce
- ☐ 2.3 cups bread flour
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon milk powder dry
- ☐ 0.3 cup rolled oats
- ☐ 1 teaspoon salt

- ☐ 0.7 cup warm water
- ☐ 1 tablespoon sugar white

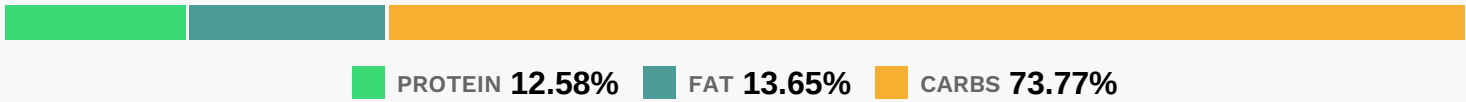
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:4.07, Inflammation Score:-1, Nutrition Score:1.0243478245709%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 36.86kcal (1.84%), Fat: 0.56g (0.85%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.42g (2.34%), Sugar: 0.6g (0.67%), Cholesterol: 1.04mg (0.35%), Sodium: 68.42mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Selenium: 3.33µg (4.75%), Manganese: 0.09mg (4.42%), Vitamin B1: 0.03mg (2.1%), Folate: 7.51µg (1.88%), Fiber: 0.33g (1.32%), Phosphorus: 12.95mg (1.3%)