

Oatmeal Bread I

 Vegetarian  Dairy Free

READY IN



165 min.

SERVINGS



3

CALORIES



1418 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons yeast dry
- 5 cups bread flour
- 2 eggs
- 0.5 cup blackstrap molasses
- 1 cup rolled oats
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 0.5 cup water lukewarm (100 degrees F/38 degrees C)

1 cup flour whole wheat

Equipment

bowl

oven

plastic wrap

loaf pan

Directions

Combine oats, molasses, oil, salt and boiling water.

Let cool to about 105 degrees F.

Dissolve the yeast in the warm water and let stand for 5 minutes or until creamy. Stir the yeast into oat mixture and mix well.

Add whole wheat flour, 2 cups bread flour, and the eggs.

Mix until well combined.

Stir in enough of the remaining flour to make a soft dough. Turn dough out to a floured counter and knead for about 10 minutes.

Place the dough in a well-greased bowl and cover with greased plastic wrap.

Let the dough rest in the refrigerator overnight.

Preheat oven to 375 degrees F (190 degrees C). Grease 3 regular loaf pans and 4 mini loaf pans.

Transfer the dough onto a floured surface and divide it into 4 pieces. Shape the dough into loaves and place them in the pans, seam-side down.

Let rise until doubled, about 90 minutes.

Bake in the preheated oven until the loaves are golden brown and sound hollow when tapped, about 30 minutes.

Nutrition Facts



PROTEIN 10.86% FAT 21.2% CARBS 67.94%

Properties

Glycemic Index:50.33, Glycemic Load:122.58, Inflammation Score:-8, Nutrition Score:37.148260832238%

Nutrients (% of daily need)

Calories: 1418.14kcal (70.91%), Fat: 33.49g (51.53%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 241.46g (80.49%), Net Carbohydrates: 228.73g (83.17%), Sugar: 43.14g (47.94%), Cholesterol: 109.12mg (36.37%), Sodium: 847.51mg (36.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.17%), Manganese: 5.14mg (256.79%), Selenium: 134.45µg (192.08%), Magnesium: 285.48mg (71.37%), Phosphorus: 548.17mg (54.82%), Vitamin B1: 0.82mg (54.66%), Fiber: 12.73g (50.91%), Copper: 0.96mg (48.1%), Vitamin K: 46.57µg (44.35%), Folate: 171.19µg (42.8%), Iron: 7.7mg (42.76%), Potassium: 1337.51mg (38.21%), Vitamin B6: 0.73mg (36.65%), Zinc: 4.55mg (30.36%), Vitamin B3: 5.99mg (29.93%), Vitamin B2: 0.47mg (27.93%), Vitamin B5: 2.72mg (27.18%), Vitamin E: 3.52mg (23.47%), Calcium: 192.94mg (19.29%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.59µg (3.91%), Vitamin A: 166.17IU (3.32%)