



Oatmeal-Graham Bread

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups bread flour
- ☐ 2 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white
- ☐ 0.5 cup graham cracker crumbs
- ☐ 3 tablespoons honey
- ☐ 1 cup regular oats
- ☐ 1 tablespoon regular oats

- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water 100° to 110°
- ☐ 1 tablespoon water

Equipment

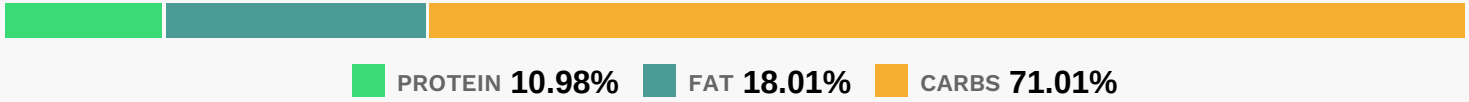
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients.
- ☐ Add flour mixture, honey, and butter to yeast mixture, stirring until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 5 minutes).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough).
- ☐ Punch dough down; turn out onto a floured surface.
- ☐ Roll into a 12 x 7-inch rectangle. Starting with a short edge, roll up tightly, jelly-roll fashion, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Combine egg white and water, stirring with a whisk; brush evenly over loaf.

- ☐
- Sprinkle loaf with 1 tablespoon oats. Cover and let rise 35 minutes or until doubled in size.
- ☐
- Preheat oven to 37
- ☐
- Bake at 375 for 33 minutes or until top is golden and loaf sounds hollow when tapped.
- ☐
- Remove from pan; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.78, Glycemic Load:15.84, Inflammation Score:-2, Nutrition Score:4.2404348078467%

Nutrients (% of daily need)

Calories: 154.85kcal (7.74%), Fat: 3.11g (4.79%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.09g (9.49%), Sugar: 5.61g (6.23%), Cholesterol: 5.02mg (1.67%), Sodium: 335.73mg (14.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Manganese: 0.44mg (21.78%), Selenium: 11.03µg (15.76%), Vitamin B1: 0.12mg (8.16%), Folate: 24.74µg (6.19%), Phosphorus: 61.93mg (6.19%), Fiber: 1.52g (6.08%), Magnesium: 18.27mg (4.57%), Vitamin B2: 0.07mg (4.14%), Zinc: 0.57mg (3.82%), Copper: 0.08mg (3.8%), Iron: 0.68mg (3.78%), Vitamin B3: 0.67mg (3.33%), Vitamin B5: 0.26mg (2.63%), Potassium: 66.71mg (1.91%), Vitamin B6: 0.03mg (1.43%), Vitamin A: 58.73IU (1.17%), Calcium: 11.72mg (1.17%), Vitamin E: 0.17mg (1.12%)