



Oatmeal Molasses Bread

READY IN



185 min.

SERVINGS



36

CALORIES



56 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 teaspoons active yeast dry
- 2.5 cups bread flour
- 2 tablespoons butter softened
- 1 eggs
- 1 cup warm milk (70 to 80 degrees F)
- 2 tablespoons blackstrap molasses
- 0.5 cup rye flour
- 1.5 teaspoons salt
- 4.5 teaspoons sugar

0.3 cup flour whole wheat

Equipment

frying pan

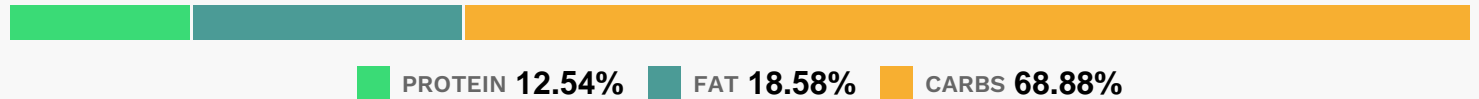
bread machine

Directions

Place ingredients in the pan of the bread machine in the order suggested by the manufacturer.

Select White Bread setting, and Start.

Nutrition Facts



Properties

Glycemic Index:6.09, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:1.8282608681399%

Nutrients (% of daily need)

Calories: 56.3kcal (2.82%), Fat: 1.16g (1.79%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.19g (3.34%), Sugar: 1.71g (1.89%), Cholesterol: 5.36mg (1.79%), Sodium: 109.27mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Manganese: 0.16mg (7.77%), Selenium: 4.89µg (6.98%), Vitamin B1: 0.04mg (2.76%), Phosphorus: 25.61mg (2.56%), Folate: 8.85µg (2.21%), Fiber: 0.52g (2.07%), Magnesium: 7.98mg (2%), Vitamin B2: 0.03mg (1.84%), Copper: 0.03mg (1.56%), Calcium: 13.58mg (1.36%), Potassium: 47.29mg (1.35%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.3%), Zinc: 0.19mg (1.26%), Vitamin B3: 0.25mg (1.25%), Iron: 0.22mg (1.24%)