



Oatmeal-Molasses Bread



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



14

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 2.5 cups flour all-purpose
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 cup regular oats
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup warm water (100° to 110°)

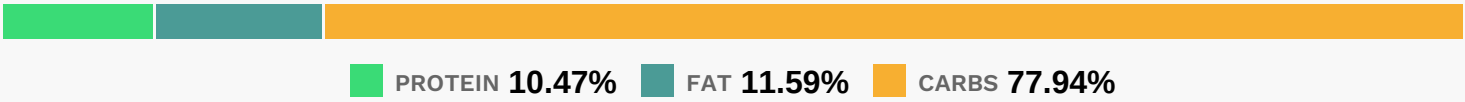
Equipment

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

Directions

- ☐ Dissolve yeast in warm water in a large bowl.
- ☐ Add molasses; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with knife.
- ☐ Combine 1 cup flour, oats, oil, and salt.
- ☐ Add flour mixture to yeast mixture, stirring to form a soft dough. Gradually add remaining flour.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 2 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, 35 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; place on a lightly floured surface. Knead about 10 times; roll into a 12 x 7-inch rectangle.
- ☐ Roll up rectangle tightly, starting with a short side, 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. Cover; let rise 35 minutes or until doubled in size.
- ☐ Preheat oven to 375°.
- ☐ Uncover dough.
- ☐ Bake at 375° for 35 minutes or until loaf is browned and sounds hollow when tapped.
- ☐ Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.36, Glycemic Load:15.07, Inflammation Score:-3, Nutrition Score:5.5378260720197%

Nutrients (% of daily need)

Calories: 125.84kcal (6.29%), Fat: 1.61g (2.48%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.04g (8.38%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 252.64mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Manganese: 0.43mg (21.51%), Vitamin B1: 0.26mg (17.24%), Selenium: 10.04µg (14.35%), Folate: 54.4µg (13.6%), Iron: 1.5mg (8.32%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.62mg (8.12%), Magnesium: 23.72mg (5.93%), Fiber: 1.32g (5.29%), Phosphorus: 52.37mg (5.24%), Copper: 0.08mg (4.04%), Potassium: 112.25mg (3.21%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.26mg (2.65%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 1.97µg (1.88%), Calcium: 15.96mg (1.6%)