



Oatmeal-Onion Batter Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 package yeast dry
- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup onion minced
- ☐ 1 cup quick-cooking oats divided
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1.3 cups warm water divided (105° to 115°)

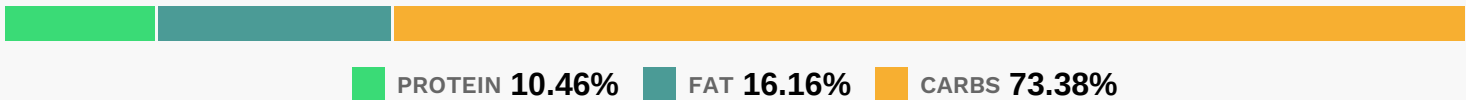
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Combine 1 cup warm water, 1/2 cup oats, and brown sugar in a small bowl.
- ☐ Dissolve yeast in 1/4 cup warm water in a bowl; let stand 5 minutes.
- ☐ Add oat mixture, flour, 1/2 cup oats, onion, oil, and salt; stir until well-blended. (Batter will be stiff.)
- ☐ Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Stir batter well. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Sprinkle with 1 teaspoon oats. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Uncover dough; bake at 375 for 50 minutes or until loaf sounds hollow when tapped.
- ☐ Remove from pan immediately; cool on a wire rack.
- ☐ Bread-Machine Variation: Follow manufactrer's instructions for placing all dough ingredients in bread pan. Select cycle; start bread machine.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:15.03, Inflammation Score:-3, Nutrition Score:5.2991304608953%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 129.26kcal (6.46%), Fat: 2.32g (3.57%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 22.34g (8.12%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 147.83mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Manganese: 0.39mg (19.51%), Vitamin B1: 0.26mg (17.53%), Folate: 56.19µg (14.05%), Selenium: 9.76µg (13.94%), Vitamin B2: 0.14mg (8.32%), Vitamin B3: 1.61mg (8.06%), Iron: 1.36mg (7.56%), Fiber: 1.35g (5.42%), Phosphorus: 53.54mg (5.35%), Magnesium: 20.15mg (5.04%), Vitamin K: 3.39µg (3.23%), Copper: 0.06mg (3.06%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.21mg (2.09%), Potassium: 60.37mg (1.72%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.19mg (1.27%)