



Oatmeal Whole Wheat Quick Bread



Vegetarian



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 tablespoons honey
- ☐ 1 cup milk
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup flour whole wheat

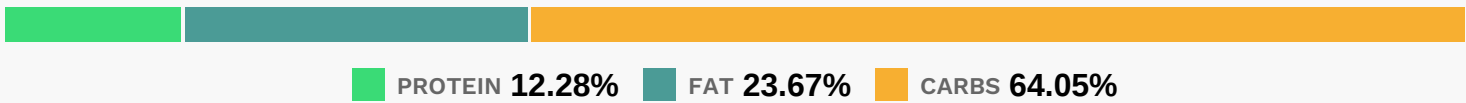
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Grind oatmeal in a food processor or blender. In a large bowl, combine oatmeal, flour, baking powder and salt. In a separate bowl, dissolve honey in vegetable oil then stir in the milk.
- ☐ Combine both mixtures and stir until a soft dough is formed. Form the dough into a ball and place on a lightly oiled baking sheet.
- ☐ Bake in preheated oven for about 20 minutes, or until bottom of loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:27.78, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:7.5995651958105%

Nutrients (% of daily need)

Calories: 135.24kcal (6.76%), Fat: 3.71g (5.71%), Saturated Fat: 1g (6.27%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 19.96g (7.26%), Sugar: 4.86g (5.4%), Cholesterol: 3.66mg (1.22%), Sodium: 264mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.98mg (49.14%), Selenium: 12.81µg (18.3%), Phosphorus: 147.98mg (14.8%), Calcium: 106.97mg (10.7%), Fiber: 2.64g (10.55%), Magnesium: 38.55mg (9.64%), Vitamin B1: 0.14mg (9.27%), Iron: 1.1mg (6.11%), Zinc: 0.89mg (5.95%), Copper: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.94%), Vitamin B6: 0.09mg (4.54%), Vitamin B3: 0.89mg (4.47%), Potassium: 139.17mg (3.98%), Vitamin K: 3.71µg (3.53%), Vitamin B5: 0.32mg (3.2%), Vitamin B12: 0.16µg (2.74%), Folate: 9.92µg (2.48%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.3mg (2.02%), Vitamin A: 50.76IU (1.02%)