

Seven Grain Bread I

READY IN



185 min.

SERVINGS



24

CALORIES



59 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 2.3 cups bread flour
- ☐ 1.5 tablespoons butter
- ☐ 1.5 tablespoons nonfat milk powder dry
- ☐ 0.8 cup seven grain cereal
- ☐ 1.5 teaspoons salt
- ☐ 1.3 cups warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

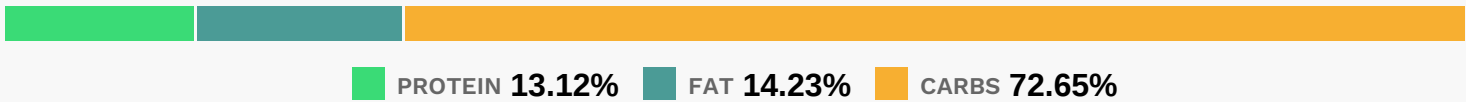
Equipment

☐ bread machine

Directions

- ☐ Place ingredients in the bread machine pan in the order suggested by the manufacturer.
- ☐ Select the Medium Dark Crust setting, and press Start.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:6.2, Inflammation Score:-1, Nutrition Score:1.5091304259942%

Nutrients (% of daily need)

Calories: 59.41kcal (2.97%), Fat: 0.93g (1.43%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.26g (3.73%), Sugar: 1.61g (1.79%), Cholesterol: 0.09mg (0.03%), Sodium: 161.6mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Selenium: 4.8µg (6.86%), Manganese: 0.09mg (4.7%), Vitamin B1: 0.05mg (3.34%), Folate: 10.22µg (2.56%), Vitamin B2: 0.04mg (2.11%), Phosphorus: 17.34mg (1.73%), Fiber: 0.4g (1.59%), Vitamin B3: 0.28mg (1.39%), Copper: 0.02mg (1.23%), Iron: 0.21mg (1.15%), Calcium: 10.98mg (1.1%), Vitamin B6: 0.02mg (1.08%)