



## Seven Grain Bread II

 Vegetarian

READY IN



180 min.

SERVINGS



24

CALORIES



92 kcal

BREAD

### Ingredients

- 1 tablespoon yeast dry
- 2.5 cups bread flour
- 1 eggs
- 2 tablespoons honey
- 3 tablespoons powdered milk dry
- 0.8 cup whole-grain oat cereal
- 2 teaspoons salt
- 2 tablespoons vegetable oil

1.3 cups water (110 degrees F/45 degrees C)

1 cup flour whole wheat

## Equipment

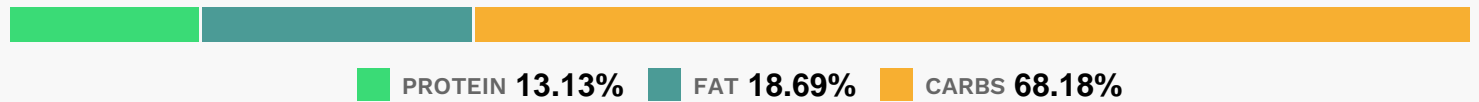
bread machine

## Directions

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

Select Whole Wheat Bread cycle, and Start.

## Nutrition Facts



## Properties

Glycemic Index:6.84, Glycemic Load:7.03, Inflammation Score:-1, Nutrition Score:3.1999999543895%

## Nutrients (% of daily need)

Calories: 91.79kcal (4.59%), Fat: 1.92g (2.95%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 14.8g (5.38%), Sugar: 2.2g (2.44%), Cholesterol: 7.73mg (2.58%), Sodium: 205.54mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Manganese: 0.31mg (15.49%), Selenium: 9µg (12.86%), Vitamin B1: 0.07mg (4.97%), Phosphorus: 42.52mg (4.25%), Fiber: 0.96g (3.84%), Vitamin B2: 0.06mg (3.31%), Folate: 13.2µg (3.3%), Magnesium: 11.38mg (2.85%), Vitamin B3: 0.53mg (2.66%), Copper: 0.05mg (2.49%), Iron: 0.44mg (2.45%), Vitamin B6: 0.05mg (2.33%), Vitamin K: 2.25µg (2.14%), Zinc: 0.31mg (2.1%), Calcium: 16.4mg (1.64%), Vitamin B5: 0.16mg (1.6%), Potassium: 48.71mg (1.39%), Vitamin E: 0.2mg (1.37%)