



## Spent Grain Wheat Bread

 Vegetarian

READY IN



180 min.

SERVINGS



36

CALORIES



64 kcal

BREAD

### Ingredients

- 1 teaspoon active yeast dry
- 1.5 cups bread flour
- 3 tablespoons butter softened
- 0.3 cup spent grain
- 3 tablespoons honey
- 1.5 tablespoons powdered milk
- 0.5 cup rye flour
- 1 teaspoon salt

- 0.3 cup vital wheat gluten
- 1.3 cups water
- 1 teaspoon sugar white
- 1.5 cups flour whole wheat

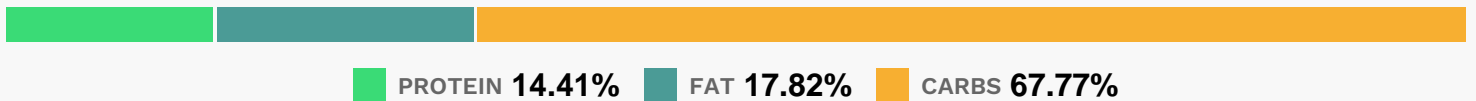
## Equipment

- frying pan
- kitchen timer
- bread machine

## Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select whole wheat cycle; press Start. If using the delay timer, decrease water by 1 tablespoon.

## Nutrition Facts



## Properties

Glycemic Index:9.45, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:2.3782608713145%

## Nutrients (% of daily need)

Calories: 63.74kcal (3.19%), Fat: 1.3g (2%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.17g (3.7%), Sugar: 1.75g (1.94%), Cholesterol: 2.81mg (0.94%), Sodium: 74.34mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.3mg (14.78%), Selenium: 5.81µg (8.3%), Fiber: 0.93g (3.71%), Phosphorus: 36.39mg (3.64%), Vitamin B1: 0.05mg (3%), Magnesium: 11.67mg (2.92%), Copper: 0.04mg (2.23%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.3mg (2.01%), Folate: 7.66µg (1.92%), Iron: 0.34mg (1.89%), Vitamin B6: 0.03mg (1.66%), Vitamin B2: 0.02mg (1.42%), Potassium: 40.42mg (1.15%)