



Steakhouse Wheat Bread for the Bread Machine

 Vegetarian

READY IN



190 min.

SERVINGS



8

CALORIES



162 kcal

BREAD

Ingredients

- ☐ 1 cup bread flour
- ☐ 1.3 teaspoons bread machine yeast
- ☐ 1 tablespoon butter softened
- ☐ 0.3 cup honey
- ☐ 1 teaspoon coffee granules instant
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon cocoa powder unsweetened

- ☐ 0.8 cup warm water
- ☐ 1 tablespoon sugar white
- ☐ 1 cup flour whole wheat

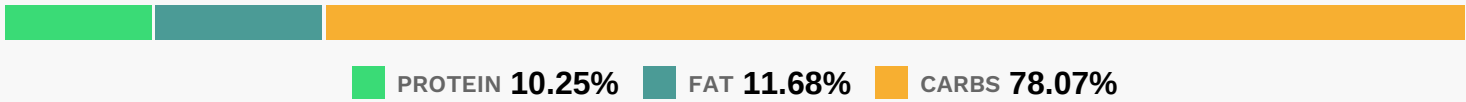
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place the warm water, butter, honey, salt, coffee, cocoa, sugar, bread flour, whole wheat flour, and bread machine yeast in the pan of a bread machine in the order listed. Put on regular or basic cycle with light crust.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:12.94, Inflammation Score:-2, Nutrition Score:6.280000059663%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 162.3kcal (8.12%), Fat: 2.2g (3.39%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 30.69g (11.16%), Sugar: 10.32g (11.46%), Cholesterol: 3.76mg (1.25%), Sodium: 159.33mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.36mg (1.79%), Protein: 4.35g (8.7%), Manganese: 0.77mg (38.56%), Selenium: 15.75µg (22.5%), Vitamin B1: 0.17mg (11.54%), Fiber: 2.44g (9.76%), Phosphorus: 79.42mg (7.94%), Folate: 30.24µg (7.56%), Magnesium: 28.87mg (7.22%), Vitamin B3: 1.27mg (6.36%), Copper: 0.12mg (6.24%), Iron: 0.84mg (4.65%), Zinc: 0.65mg (4.36%), Vitamin B2: 0.07mg (4.2%), Vitamin B6: 0.08mg (4.09%), Potassium: 97.34mg (2.78%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.21mg (1.4%), Calcium: 10.48mg (1.05%)