

Steve's Whole Wheat

READY IN



185 min.

SERVINGS



36

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 teaspoons active yeast dry
- ☐ 1 cup bread flour
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons butter
- ☐ 1.5 tablespoons milk powder dry
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.5 cup rye flour
- ☐ 1 teaspoon salt
- ☐ 1.3 cups water

- ☐ 1 teaspoon sugar white
- ☐ 2 cups flour whole wheat

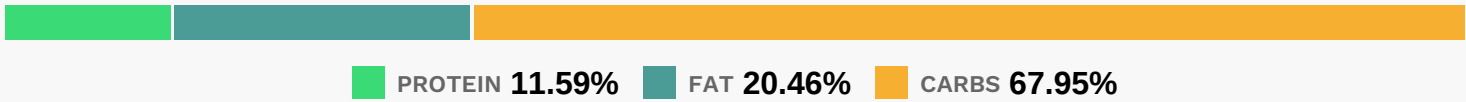
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place the ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Whole Wheat setting, and Start.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:2.6565217029141%

Nutrients (% of daily need)

Calories: 54.67kcal (2.73%), Fat: 1.29g (1.98%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 8.59g (3.12%), Sugar: 1.18g (1.31%), Cholesterol: 0.3mg (0.1%), Sodium: 77.78mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.34mg (17.14%), Selenium: 5.88µg (8.4%), Vitamin B1: 0.07mg (4.51%), Fiber: 1.03g (4.12%), Phosphorus: 34.76mg (3.48%), Magnesium: 12.77mg (3.19%), Folate: 10.26µg (2.57%), Vitamin B3: 0.49mg (2.47%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.03%), Iron: 0.34mg (1.91%), Zinc: 0.27mg (1.78%), Vitamin B2: 0.03mg (1.68%), Potassium: 48.32mg (1.38%), Vitamin B5: 0.11mg (1.07%)