

# Tasty Whole Wheat Bread

 Vegetarian

READY IN



50 min.

SERVINGS



48

CALORIES



139 kcal

BREAD

## Ingredients

- 0.5 ounce yeast dry
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 4 cups buttermilk (110° to 115°)
- 8 cups flour all-purpose
- 2.5 teaspoons salt
- 0.5 cup water (110° to 115°)
- 0.3 cup wheat germ toasted

2.5 cups flour whole wheat

## Equipment

bowl

baking sheet

oven

loaf pan

## Directions

In a large bowl, dissolve the yeast in warm water.

Add the buttermilk, whole wheat flour, brown sugar, butter, wheat germ, salt and 4 cups all-purpose flour. Beat until smooth. Stir in enough remaining all-purpose flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.

Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide into four pieces. Shape into loaves.

Place in four greased 8-in. x 4-in. loaf pans or on greased baking sheets. Cover and let rise until doubled, about 45 minutes.

Bake at 375° for 30–40 minutes or until golden brown.

Remove from pans to wire racks to cool.

## Nutrition Facts



**PROTEIN 11.29%** **FAT 19.58%** **CARBS 69.13%**

## Properties

Glycemic Index:3.25, Glycemic Load:11.8, Inflammation Score:-3, Nutrition Score:6.0660869012708%

## Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 3.04g (4.68%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 22.74g (8.27%), Sugar: 3.28g (3.65%), Cholesterol: 7.28mg (2.43%), Sodium: 158.88mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Manganese: 0.51mg (25.3%), Selenium: 12.37µg (17.67%), Vitamin B1: 0.25mg (16.8%), Folate: 51.12µg (12.78%), Vitamin B2: 0.16mg (9.66%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 71.08mg (7.11%), Iron: 1.27mg (7.07%), Fiber: 1.42g (5.66%), Magnesium: 17.5mg (4.37%), Copper: 0.07mg (3.49%), Zinc: 0.51mg (3.4%), Calcium: 31.27mg (3.13%), Vitamin B6: 0.06mg (2.88%), Vitamin B5: 0.27mg (2.68%), Potassium: 85.56mg (2.44%), Vitamin A: 92.65IU (1.85%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.6%)