

Wheat Berry Bread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



192 kcal

BREAD

Ingredients

- ☐ 1 cup amaranth flour
- ☐ 2 tablespoons bread flour
- ☐ 3 cups bread flour divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 tablespoons honey dark (such as buckwheat)
- ☐ 1 cup milk 2% reduced-fat
- ☐ 2.5 teaspoons salt
- ☐ 3 cups water

- ☐ 0.8 cup wheat berries uncooked
- ☐ 2 tablespoons wheat bran
- ☐ 2 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup
- ☐ colander

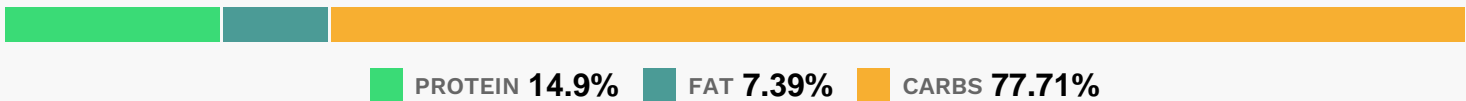
Directions

- ☐ Combine water and wheat berries in a saucepan; bring to a boil. Cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Drain wheat in a colander over a bowl, reserving 1 cup cooking liquid; set wheat berries aside.
- ☐ Let reserved cooking liquid stand until warm (100 to 110). Stir yeast into cooking liquid.
- ☐ Combine milk, honey, and salt in a small, heavy saucepan, stirring with a whisk until honey and salt dissolve.
- ☐ Heat milk mixture over medium heat until warm (100 to 110).
- ☐ Add milk mixture to yeast mixture, stirring with a whisk; let stand 5 minutes.
- ☐ Lightly spoon 3 cups bread flour, whole wheat flour, and amaranth flour into dry measuring cups; level with a knife. Stir 2 1/2 cups bread flour, whole wheat flour, and amaranth flour into yeast mixture.
- ☐ Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add up to 1/2 cup bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands

(dough will feel tacky).

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; cover and let rest 5 minutes. Coat two 9 x 5-inch loaf pans with cooking spray; dust each with 1 tablespoon bread flour.
- ☐ Divide dough in half. Working with 1 portion at a time (cover remaining dough to keep from drying), knead half of wheat berries into dough; place dough in prepared pan.
- ☐ Sprinkle dough with 1 tablespoon wheat bran. Repeat procedure with remaining dough, wheat berries, and wheat bran. Cover and let rise 45 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 45 minutes or until golden. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:10.83, Inflammation Score:-3, Nutrition Score:7.8347826418669%

Flavonoids

Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 191.73kcal (9.59%), Fat: 1.63g (2.5%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 33.84g (12.3%), Sugar: 0.79g (0.88%), Cholesterol: 1.05mg (0.35%), Sodium: 333.33mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Manganese: 0.93mg (46.38%), Selenium: 18.59µg (26.56%), Fiber: 4.67g (18.69%), Phosphorus: 105.4mg (10.54%), Magnesium: 39.56mg (9.89%), Vitamin B1: 0.14mg (9.49%), Iron: 1.63mg (9.07%), Vitamin B3: 1.38mg (6.92%), Copper: 0.14mg (6.88%), Folate: 24.54µg (6.14%), Vitamin B2: 0.09mg (5.37%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.1mg (4.89%), Calcium: 38.87mg (3.89%), Potassium: 119.09mg (3.4%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.21mg (1.4%), Vitamin B12: 0.07µg (1.16%)