



Wheat Bread in Resealable Bag

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



187 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons milk powder dry
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water hot
- ☐ 3 tablespoons sugar white
- ☐ 1 cup flour whole-wheat

Equipment

- ☐ oven
- ☐ loaf pan
- ☐ ziploc bags

Directions

- ☐ Grease a bread loaf pan.
- ☐ Mix 1 cup all-purpose flour, yeast, milk powder, sugar, and salt together in a large resealable plastic bag.
- ☐ Add hot water and oil; seal bag and squeeze to mix.
- ☐ Add whole-wheat flour; seal and mix.
- ☐ Add 1 cup all-purpose flour; seal and mix.
- ☐ Add small amounts of additional all-purpose flour until dough easily pulls away from sides of bag.
- ☐ Transfer dough to a lightly floured work surface; knead until soft and well combined, 4 minutes. Allow to rest for 10 minutes.
- ☐ Roll dough into a large rectangle; roll rectangle into a log.
- ☐ Place log into prepared loaf pan. Cover and let rise until doubled in size, about 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake in the preheated oven until lightly browned, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:12.25, Inflammation Score:-3, Nutrition Score:8.1121738734453%

Nutrients (% of daily need)

Calories: 187.11kcal (9.36%), Fat: 6.46g (9.94%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.38g (9.59%), Sugar: 5.67g (6.31%), Cholesterol: 2.73mg (0.91%), Sodium: 303.71mg (13.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Manganese: 0.72mg (36.07%), Selenium: 15.12µg (21.6%), Vitamin B1: 0.3mg (20.22%), Folate: 56.97µg (14.24%), Vitamin B3: 2.04mg (10.2%), Vitamin B2: 0.17mg (10.12%), Phosphorus: 97.89mg (9.79%), Vitamin K: 9.78µg (9.31%), Fiber: 2.27g (9.06%), Iron: 1.3mg (7.24%), Magnesium: 27.16mg (6.79%), Copper: 0.1mg (4.77%), Vitamin B6: 0.09mg (4.49%), Zinc: 0.67mg (4.45%), Vitamin E: 0.55mg (3.66%), Calcium: 34.47mg (3.45%), Vitamin B5: 0.34mg (3.42%), Potassium: 117.19mg (3.35%), Vitamin D: 0.3µg (1.97%), Vitamin B12: 0.09µg (1.53%)