



Whole Wheat Bread I

 Vegetarian  Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



176 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry
- 3.3 cups bread flour
- 0.4 cup cracked wheat
- 0.3 cup honey
- 2 teaspoons salt
- 0.8 cup water
- 1.5 cups water
- 2 cups flour whole wheat

3 tablespoons frangelico

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Equipment

bowl

sauce pan

oven

mixing bowl

wire rack

loaf pan

hand mixer

aluminum foil

Directions

In a two quart saucepan, combine the cracked wheat, salt, and 3/4 cup water. Cook until the cracked wheat is soft, and water is absorbed.

Add molasses or honey, lard, and 1 1/2 cups water to the cracked wheat.

Heat, or cool, until the temperature is 125 degrees F (50 degrees C).

Combine whole wheat flour and yeast in a large mixing bowl.

Add the cracked wheat mixture; beat with an electric mixer at low speed for 30 seconds, scraping bowl. Beat 3 minutes longer on high speed. Stir in enough all purpose flour to make a stiff dough.

Knead on a floured, cloth covered board until dough is smooth and elastic, 8 to 10 minutes. Divide and shape into 2 loaves; roll up tightly to prevent air pockets from forming while rising.

Place into two greased 9 x 5 inch loaf pans. Cover with a clean cloth. Allow to rise until doubled, about 1 hour.

Bake at 375 degrees F (190 degrees C) for 15 minutes. Cover loaf with aluminum foil, and continue to bake for 30 minutes.

Remove bread to wire rack to cool.

Let cool for at least 30 minutes before slicing.

Nutrition Facts

PROTEIN 12.27% FAT 4.85% CARBS 82.88%

Properties

Glycemic Index:7.45, Glycemic Load:14.96, Inflammation Score:-2, Nutrition Score:6.2882608453865%

Nutrients (% of daily need)

Calories: 176.02kcal (8.8%), Fat: 0.97g (1.5%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 34.74g (12.63%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 293.57mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Manganese: 0.82mg (40.92%), Selenium: 19.43µg (27.75%), Fiber: 2.69g (10.77%), Phosphorus: 90.97mg (9.1%), Vitamin B1: 0.12mg (8.21%), Magnesium: 27.51mg (6.88%), Copper: 0.12mg (5.84%), Vitamin B3: 1.11mg (5.53%), Folate: 20.97µg (5.24%), Iron: 0.92mg (5.11%), Zinc: 0.65mg (4.3%), Vitamin B6: 0.08mg (3.79%), Vitamin B2: 0.05mg (3.1%), Potassium: 98.78mg (2.82%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.21mg (1.39%), Calcium: 10.59mg (1.06%)