



## Whole Wheat Bread III

READY IN



45 min.

SERVINGS



36

CALORIES



61 kcal

BREAD

### Ingredients

- 2.5 teaspoons active yeast dry
- 0.3 cup cornmeal
- 0.3 cup honey
- 3 tablespoons butter softened
- 1.5 tablespoons powdered milk instant
- 1.5 teaspoons salt
- 1.3 cups warm water (110 degrees F/45 degrees C)
- 2 tablespoons sugar white
- 3 cups flour whole wheat

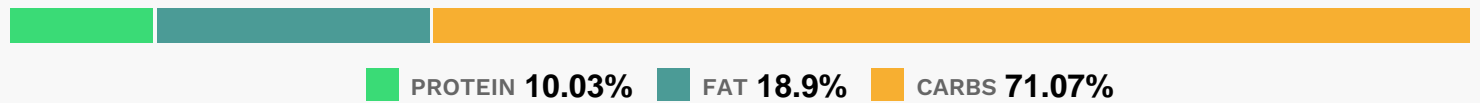
## Equipment

- frying pan
- bread machine

## Directions

- Place all ingredients into the pan of the bread machine in the order suggested by the manufacturer. Press Start.

## Nutrition Facts



## Properties

Glycemic Index:6.55, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:3.0700000095303%

## Nutrients (% of daily need)

Calories: 60.99kcal (3.05%), Fat: 1.36g (2.09%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.23g (3.72%), Sugar: 3.42g (3.8%), Cholesterol: 0.3mg (0.1%), Sodium: 109.95mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Manganese: 0.42mg (20.87%), Selenium: 6.34µg (9.06%), Vitamin B1: 0.08mg (5.22%), Fiber: 1.24g (4.95%), Phosphorus: 42.38mg (4.24%), Magnesium: 15.45mg (3.86%), Vitamin B3: 0.62mg (3.08%), Vitamin B6: 0.05mg (2.61%), Folate: 10.02µg (2.51%), Copper: 0.05mg (2.37%), Iron: 0.41mg (2.3%), Zinc: 0.33mg (2.2%), Vitamin B2: 0.03mg (1.86%), Potassium: 48.23mg (1.38%), Vitamin B5: 0.11mg (1.06%)