



Whole Wheat Bread with Raisins and Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

BREAD

Ingredients

- ☐ 2.5 cups bread flour ()
- ☐ 2 tablespoons honey
- ☐ 1 cup milk whole (105°F to 115°F)
- ☐ 0.5 cup oat bran
- ☐ 0.5 cup raisins
- ☐ 0.5 cup rye flour
- ☐ 1 tablespoon salt
- ☐ 0.3 cup butter unsalted cooled melted ()

- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 cup walnut pieces chopped
- ☐ 1.3 cups water lukewarm (85°F to 95°F)
- ☐ 1.5 cups flour whole wheat
- ☐ 1 tablespoon yeast dry (for do-ahead version) (for same-day version)

Equipment

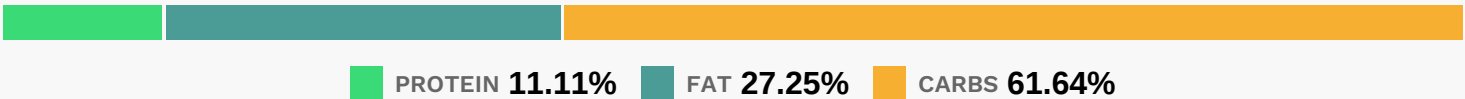
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Stir 1 1/4 cups water and yeast in large bowl to blend. Stir in warm milk, honey, and salt, then melted butter.
- ☐ Add 1 1/2 cups whole wheat flour and stir vigorously with wood spoon until well incorporated.
- ☐ Add 1/2 cup rye flour, oat bran and cocoa powder and stir until well blended.
- ☐ Add enough bread flour, 1/2 cup at a time, to form moist and sticky dough, stirring vigorously with wood spoon until well incorporated.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 hour (do not punch down dough).
- ☐ Spray 9x5x3-inch metal loaf pan with nonstick spray.
- ☐ Transfer dough to prepared pan, being careful not to deflate dough. Cover loaf pan loosely with plastic wrap.
- ☐ Let rise in warm draft-free area until dough is puffed and almost reaches top of pan, about 45 minutes for refrigerated dough and 20 minutes for room-temperature dough.
- ☐ Meanwhile, position rack in center of oven and preheat to 500°F. Generously spray inside of oven with water (about 8 sprays); immediately place bread in oven. Lower oven temperature to 400°F and bake bread until top is deep brown and crusty and tester inserted into center comes out clean, about 45 minutes. Cool in pan on rack 10 minutes. Turn bread out onto rack

and cool completely.

Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:27.15, Inflammation Score:-5, Nutrition Score:16.460434763328%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 421.04kcal (21.05%), Fat: 13.51g (20.78%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 68.73g (22.91%), Net Carbohydrates: 62g (22.55%), Sugar: 6.38g (7.08%), Cholesterol: 18.91mg (6.3%), Sodium: 891.21mg (38.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.77%), Manganese: 2.11mg (105.39%), Selenium: 34.96µg (49.94%), Fiber: 6.73g (26.94%), Phosphorus: 260.2mg (26.02%), Vitamin B1: 0.36mg (23.88%), Magnesium: 84.19mg (21.05%), Copper: 0.39mg (19.7%), Iron: 2.31mg (12.81%), Folate: 48.51µg (12.13%), Zinc: 1.76mg (11.75%), Vitamin B6: 0.22mg (11.01%), Vitamin B3: 2.12mg (10.62%), Vitamin B2: 0.18mg (10.58%), Potassium: 358.68mg (10.25%), Calcium: 71.22mg (7.12%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.71mg (4.76%), Vitamin A: 230.95IU (4.62%), Vitamin D: 0.44µg (2.95%), Vitamin B12: 0.18µg (2.95%), Vitamin K: 1.96µg (1.87%)