



Wild Rice-Oatmeal Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



206 kcal

BREAD

Ingredients

- ☐ 4.5 teaspoons yeast dry
- ☐ 5 cups flour all-purpose divided
- ☐ 1 cup warm milk 1% low-fat (100° to 110°)
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 cup regular oats
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar

- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 2 cups water divided
- ☐ 0.3 cup rice wild uncooked

Equipment

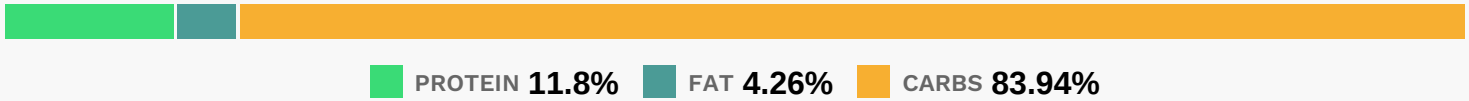
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Bring 1 cup water to a boil in a medium sauce-pan.
- ☐ Add wild rice; cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Drain if necessary. Set wild rice aside.
- ☐ Bring 1 cup water to a boil in a medium sauce-pan.
- ☐ Add the oats, and cook over medium-high heat for 2 1/2 minutes or until thick, stirring mixture constantly.
- ☐ Pour the oatmeal into a large bowl. Dissolve 1 teaspoon sugar and yeast in 1/2 cup warm water in a small bowl; let stand for 5 minutes.
- ☐ Add the cooked wild rice, yeast mixture, warm milk, 1/4 cup sugar, molasses, and salt to oatmeal; stir well.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 4 1/2 cups flour to oatmeal mixture; stir until blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place the 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, and let rest 5 minutes.
- ☐ Roll into a 14 x 7-inch rectangle on a floured surface.
 - ☐ Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
 - ☐ Place roll, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 45 minutes or until doubled in size.
 - ☐ Preheat oven to 375
 - ☐ Uncover dough.
 - ☐ Bake at 375 for 35 minutes or until loaf is browned on bottom and sounds hollow when tapped.
 - ☐ Remove loaf from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:27.6, Inflammation Score:-5, Nutrition Score:8.9643478069616%

Nutrients (% of daily need)

Calories: 206.35kcal (10.32%), Fat: 0.97g (1.49%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 41.02g (14.91%), Sugar: 7.14g (7.93%), Cholesterol: 0.74mg (0.25%), Sodium: 301.47mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Vitamin B1: 0.44mg (29.33%), Manganese: 0.56mg (27.8%), Folate: 97.04µg (24.26%), Selenium: 15.87µg (22.67%), Vitamin B2: 0.27mg (15.64%), Vitamin B3: 2.99mg (14.95%), Iron: 2.29mg (12.74%), Phosphorus: 99.33mg (9.93%), Magnesium: 33.18mg (8.3%), Fiber: 2.01g (8.03%), Copper: 0.12mg (6.11%), Zinc: 0.81mg (5.37%), Vitamin B5: 0.47mg (4.65%), Potassium: 161.06mg (4.6%), Vitamin B6: 0.08mg (4.12%), Calcium: 37.05mg (3.71%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.16µg (1.08%)