

Oat Wheat Bread

The Keeper's House - Isle de Haut, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 3 loaves

1/2 cup warm water
4 teaspoons active dry yeast
1 teaspoon sugar
1/4 teaspoon ground ginger
3 cups rolled oats
3 1/2 cups boiling water
3 tablespoons butter or margarine
1/2 cup molasses
1 tablespoon salt
1 cup bran or bran cereal
2 cups whole-wheat flour
4 to 5 cups white flour

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Preheat the oven to 350 degrees.

Place the warm water in a small bowl. Add the yeast, sugar and ginger.

In a bowl, pour the boiling water over the oats. Add the butter, molasses and salt. Add the bran, whole-wheat flour and yeast mixture. Add the white flour. Knead for 10 minutes.

Let rise in a greased bowl for 90 minutes. Punch down. Place in three greased loaf pans. Let rise.

Bake for 40 minutes.

Per Serving (excluding unknown items): 4373 Calories; 60g Fat (12.2% calories from fat); 130g Protein; 842g Carbohydrate; 76g Dietary Fiber; 93mg Cholesterol; 6875mg Sodium. Exchanges: 47 1/2 Grain(Starch); 1/2 Lean Meat; 11 Fat; 7 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	4373	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	12.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	76.1%	Thiamin B1 (mg):	7.2mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	4.2mg
Total Fat (g):	60g	Folacin (mcg):	648mcg
Saturated Fat (g):	26g	Niacin (mg):	55mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0
Cholesterol (mg):	93mg	% Refuse:	0 0%

Carbohydrate (g): 842g
 Dietary Fiber (g): 76g
 Protein (g): 130g
 Sodium (mg): 6875mg
 Potassium (mg): 5097mg
 Calcium (mg): 701mg
 Iron (mg): 53mg
 Zinc (mg): 20mg
 Vitamin C (mg): trace
 Vitamin A (i.u.): 1547IU
 Vitamin A (r.e.): 346 1/2RE

Food Exchanges

Grain (Starch): 47 1/2
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 11
 Other Carbohydrates: 7 1/2

Nutrition Facts

Amount Per Serving

Calories 4373 **Calories from Fat:** 534

% Daily Values*

Total Fat 60g	92%
Saturated Fat 26g	129%
Cholesterol 93mg	31%
Sodium 6875mg	286%
Total Carbohydrates 842g	281%
Dietary Fiber 76g	304%
Protein 130g	
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Vitamin A	31%
Vitamin C	0%
Calcium	70%
Iron	296%

* Percent Daily Values are based on a 2000 calorie diet.