

King Arthur Flour Applesauce-Oatmeal Bread

Yield: 10 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/king-arthur-jewish-rye-bread-recipe>

Ingredients:

- 1 cup granulated white sugar
- 2 large eggs
- 1/2 cup canola oil
- 1 1/2 teaspoons vanilla extract
- 1/2 cup whole wheat flour 100% White
- 1 cup all-purpose flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/2 cup rolled oats
- 3/4 cup unsweetened applesauce
- 1/3 cup chopped walnuts optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 210 milligrams
9. Sugar: 22 grams

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