



Alison's Gluten Free Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 cup brown rice flour
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 0.3 cup egg whites
- ☐ 0.3 cup garbanzo bean flour
- ☐ 0.3 cup honey
- ☐ 0.3 cup millet flour

- ☐ 1 cup rice flour white
- ☐ 1 teaspoon salt
- ☐ 1.5 cups warm skim milk
- ☐ 0.5 cup tapioca flour
- ☐ 1 tablespoon xanthan gum

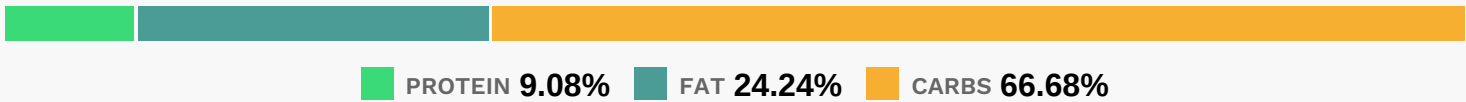
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start. Five minutes into the cycle, check the consistency of the dough.
- ☐ Add additional rice flour or liquid if necessary.
- ☐ When bread is finished, let cool for 10 to 15 minutes before removing from pan.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:6.58, Inflammation Score:-1, Nutrition Score:3.575217390352%

Nutrients (% of daily need)

Calories: 109.13kcal (5.46%), Fat: 2.95g (4.54%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.27g (6.28%), Sugar: 3.93g (4.36%), Cholesterol: 7.28mg (2.43%), Sodium: 125.05mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 0.38mg (19.16%), Phosphorus: 59.46mg (5.95%), Vitamin B6: 0.1mg (5.19%), Vitamin B1: 0.08mg (5.16%), Selenium: 3.11µg (4.44%), Fiber: 1.01g (4.06%), Magnesium: 15.89mg (3.97%), Vitamin B3: 0.78mg (3.91%), Vitamin B2: 0.06mg (3.54%), Vitamin E: 0.53mg (3.5%), Folate: 12.58µg (3.15%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.4mg (2.65%), Calcium: 23.97mg (2.4%), Copper: 0.05mg (2.32%), Potassium: 76.82mg (2.19%), Iron: 0.35mg (1.94%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.79µg (1.71%), Vitamin D: 0.21µg (1.37%)