



## Amish Friendship Bread I



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



233 kcal

BREAD

### Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup amish friendship bread starter
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 0.7 cup vegetable oil
- ☐ 1 cup sugar white

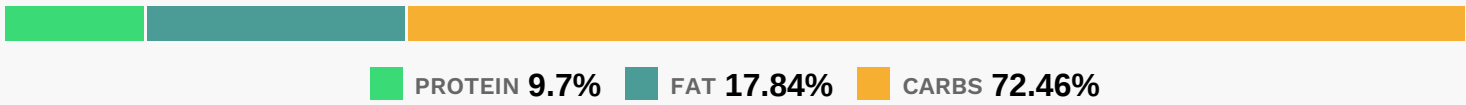
## Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 2 (9x5 inch) loaf pans.
- ☐ In a large bowl, combine the Amish bread starter with oil, eggs, 2 cups flour, 1 cup sugar, 1 teaspoon ground cinnamon, 1/2 teaspoon salt, 1/2 teaspoon baking soda, 1 1/4 teaspoons baking powder, and 1 teaspoon vanilla.
- ☐ Mix well.
- ☐ Pour into prepared loaf pans.
- ☐ Bake in preheated oven for 50 to 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.06, Glycemic Load:28.28, Inflammation Score:-2, Nutrition Score:6.9900000845285%

## Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 4.62g (7.11%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 40.79g (14.83%), Sugar: 17.91g (19.9%), Cholesterol: 40.92mg (13.64%), Sodium: 296.17mg (12.88%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 5.65g (11.31%), Selenium: 16.22µg (23.18%), Manganese: 0.41mg (20.55%), Vitamin B1: 0.25mg (16.6%), Folate: 60.06µg (15.02%), Vitamin B2: 0.21mg (12.14%), Vitamin B3: 2.34mg (11.72%), Iron: 1.94mg (10.77%), Phosphorus: 78.97mg (7.9%), Calcium: 60.35mg (6.03%), Fiber: 1.44g (5.76%), Vitamin K: 5.57µg (5.3%), Vitamin B5: 0.42mg (4.22%), Magnesium: 14.24mg (3.56%), Copper: 0.07mg (3.46%), Zinc: 0.5mg (3.32%), Vitamin B6: 0.05mg (2.51%), Vitamin E: 0.37mg (2.45%), Potassium: 66.92mg (1.91%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.29IU (1.21%)