



## Argentine Chimichurri Bread

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



36

CALORIES



53 kcal

SAUCE

### Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 0.1 teaspoon cayenne pepper
- 3 tablespoons parsley fresh
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 3 tablespoons onion chopped
- 0.8 teaspoon oregano dried

- 1.5 teaspoons salt
- 1 cup water
- 3 tablespoons wheat bran
- 1 tablespoon sugar white
- 1.5 tablespoons citrus champagne vinegar

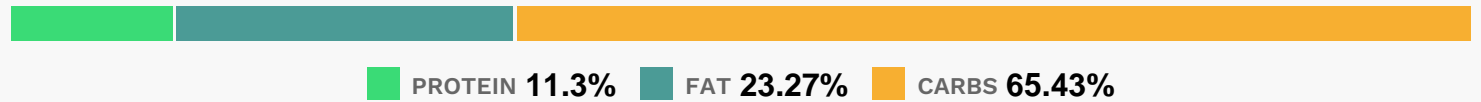
## Equipment

- frying pan
- bread machine

## Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Basic or White Cycle; press Start.

## Nutrition Facts



## Properties

Glycemic Index:8.47, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:2.2878261130789%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 53.38kcal (2.67%), Fat: 1.41g (2.17%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.07g (2.93%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 97.88mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Manganese: 0.23mg (11.6%), Selenium: 5.14µg (7.34%), Vitamin K: 6.5µg (6.19%), Fiber: 0.87g (3.49%), Magnesium: 10.73mg (2.68%), Phosphorus: 24.47mg (2.45%), Vitamin B1: 0.03mg (2.33%), Folate: 9.23µg (2.31%), Vitamin B3: 0.35mg (1.75%), Copper: 0.03mg (1.74%), Vitamin E: 0.24mg (1.6%), Iron: 0.28mg (1.55%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.26%)