

Basic White Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



67 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 tablespoon butter softened
- ☐ 2 tablespoons milk powder dry
- ☐ 1 teaspoon salt
- ☐ 1.3 cups warm water
- ☐ 1 tablespoon sugar white

Equipment

- ☐ frying pan

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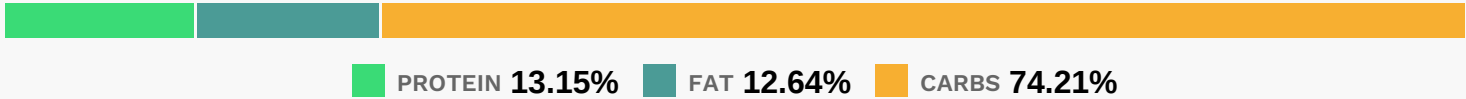
 bread machine

Directions

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 Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select White Bread setting; press Start.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:1.6891304494246%

Nutrients (% of daily need)

Calories: 66.57kcal (3.33%), Fat: 0.92g (1.42%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.74g (4.27%), Sugar: 0.79g (0.88%), Cholesterol: 1.86mg (0.62%), Sodium: 104.05mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Selenium: 6.34µg (9.05%), Manganese: 0.13mg (6.26%), Vitamin B1: 0.05mg (3.12%), Folate: 12.32µg (3.08%), Phosphorus: 22.03mg (2.2%), Fiber: 0.45g (1.82%), Vitamin B2: 0.03mg (1.7%), Copper: 0.03mg (1.62%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.18mg (1.19%), Magnesium: 4.73mg (1.18%)