



Basil and Sun-dried Tomato Bread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 tablespoon basil dried
- ☐ 3 tablespoons powdered milk instant
- ☐ 0.3 cup quinoa
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 1 cup water boiling to cover

☐ 3 tablespoons wheat bran

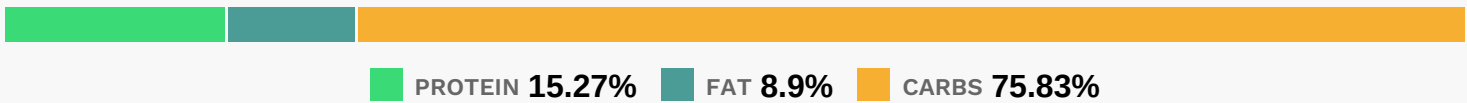
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen scissors
- ☐ bread machine

Directions

- ☐ In a small bowl, pour boiling water over sun-dried tomato halves to cover. Soak for 10 minutes, drain, and cool to room temperature. With scissors, snip into 1/4 inch pieces.
- ☐ Place all ingredients into the pan of the bread machine in the order recommended by the manufacturer. Select the Basic or White Bread cycle, and Start.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:5.25, Inflammation Score:-1, Nutrition Score:2.8391304236391%

Nutrients (% of daily need)

Calories: 52.68kcal (2.63%), Fat: 0.54g (0.83%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 9.19g (3.34%), Sugar: 0.66g (0.74%), Cholesterol: 0.61mg (0.2%), Sodium: 68.83mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Manganese: 0.29mg (14.35%), Selenium: 5.4µg (7.72%), Fiber: 1.11g (4.43%), Magnesium: 16.7mg (4.18%), Phosphorus: 39.76mg (3.98%), Folate: 13.13µg (3.28%), Vitamin B1: 0.05mg (3.27%), Copper: 0.06mg (2.99%), Iron: 0.5mg (2.76%), Vitamin B3: 0.48mg (2.38%), Vitamin B2: 0.04mg (2.35%), Potassium: 81.86mg (2.34%), Vitamin K: 2.41µg (2.3%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.15mg (1.47%), Calcium: 12.81mg (1.28%)