



Bread Machine Almond-Chocolate Chip Bread

 **Gluten Free**  **Low Fod Map**

READY IN



220 min.

SERVINGS



12

CALORIES



159 kcal

SIDE DISH

Ingredients

- 1 cup water
- 2 tablespoons butter softened
- 0.5 teaspoon vanilla
- 3 cups yukon gold potatoes for flour
- 0.8 cup semi chocolate chips
- 3 tablespoons sugar
- 1 tablespoon powdered milk dry
- 0.8 teaspoon salt

1.5 teaspoons yeast dry quick

0.3 cup almonds sliced

Equipment

frying pan

wire rack

bread machine

Directions

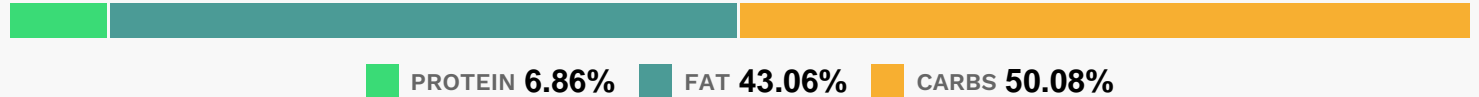
Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer.

Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/White cycle. Use Medium or Light crust color.

Remove baked bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:9.79, Inflammation Score:-3, Nutrition Score:6.0791304396546%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 158.65kcal (7.93%), Fat: 7.72g (11.88%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 17.59g (6.4%), Sugar: 7.96g (8.84%), Cholesterol: 1.28mg (0.43%), Sodium: 175.59mg (7.63%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.77g (5.54%), Manganese:

0.3mg (15.01%), Vitamin C: 11.71mg (14.2%), Copper: 0.24mg (11.82%), Fiber: 2.63g (10.5%), Magnesium: 41.34mg (10.33%), Potassium: 344.87mg (9.85%), Vitamin B6: 0.19mg (9.49%), Phosphorus: 83.13mg (8.31%), Iron: 1.28mg (7.12%), Vitamin B1: 0.1mg (6.73%), Vitamin E: 0.8mg (5.35%), Folate: 19.94µg (4.99%), Vitamin B3: 0.97mg (4.86%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.29mg (2.9%), Calcium: 28.19mg (2.82%), Selenium: 1.38µg (1.97%), Vitamin A: 96.13IU (1.92%), Vitamin K: 1.95µg (1.86%)