



## Bread Machine Almond-Chocolate Chip Bread

 Gluten Free  Low Fod Map

READY IN



220 min.

SERVINGS



12

CALORIES



159 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons yeast dry quick
- 0.3 cup almonds sliced
- 2 tablespoons butter softened
- 1 tablespoon powdered milk dry
- 0.8 teaspoon salt
- 0.8 cup semi chocolate chips
- 3 tablespoons sugar
- 0.5 teaspoon vanilla

- 1 cup water
- 3 cups yukon gold potatoes for flour

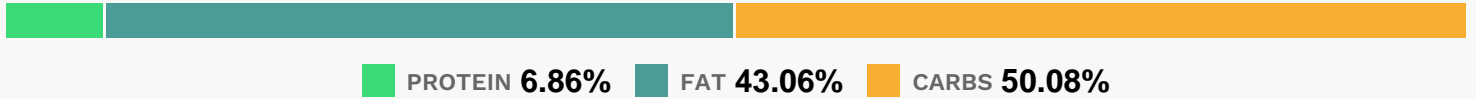
## Equipment

- 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, 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%)