



WHATSheATE



Bread Machine Caramel Apple and Pecan Bread



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 1 cup water
- ☐ 2 tablespoons butter softened
- ☐ 3 cups yukon gold potatoes for flour
- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons yeast dry quick

- ☐ 0.5 cup apples unpeeled chopped
- ☐ 0.3 cup pecans toasted coarsely chopped

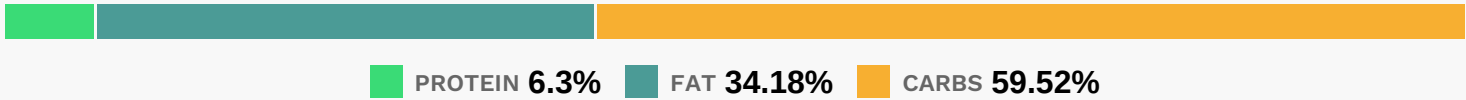
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ bread machine

Directions

- ☐ Measure carefully, placing all ingredients except apple and pecans in bread machine pan in the order recommended by the manufacturer.
- ☐ Add apple and pecans at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- ☐ Select Sweet or Basic/White cycle. Use Light crust color. Do not use delay cycle.
- ☐ Remove baked bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:7.77, Inflammation Score:-2, Nutrition Score:4.4886956308847%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 4.16g (6.4%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.38g (5.23%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 221.94mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin C: 11.94mg (14.47%), Manganese: 0.26mg (12.77%), Vitamin B6: 0.19mg (9.65%), Vitamin B1: 0.13mg (8.37%), Potassium: 279.6mg (7.99%), Fiber: 1.92g (7.69%), Folate: 22.5µg (5.62%), Copper: 0.11mg (5.49%), Phosphorus: 46.78mg (4.68%), Magnesium: 18.57mg (4.64%), Vitamin B3: 0.88mg (4.4%), Iron: 0.6mg (3.33%), Vitamin B5: 0.28mg (2.83%), Vitamin B2: 0.05mg (2.7%), Zinc: 0.36mg (2.39%), Vitamin A: 89.52IU (1.79%), Calcium: 16.15mg (1.62%), Vitamin K: 1.39µg (1.32%)