



Bread Machine Caramelized-Onion Bread

 Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



147 kcal

Ingredients

- 1 tablespoon butter
- 2 medium onion sliced
- 1 cup water
- 1 tablespoon vegetable oil
- 3 cups bread flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1.3 teaspoons yeast dry quick

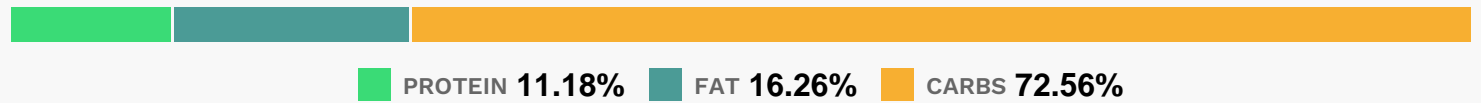
Equipment

- frying pan
- wire rack
- bread machine

Directions

- In 10-inch skillet, melt butter over medium-low heat. Cook onions in butter 10 to 15 minutes, stirring occasionally, until onions are brown and caramelized; remove from heat.
- Measure carefully, placing all ingredients except onions in bread machine pan in the order recommended by the manufacturer.
- Add 1/2 cup of the onions at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends. (Reserve any remaining onions for another use.)
- Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycle.
- Remove baked bread from pan; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:3.3700000107612%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 147.31kcal (7.37%), Fat: 2.64g (4.06%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 25.37g (9.22%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 207.32mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Selenium: 12.54µg (17.91%), Manganese: 0.27mg (13.64%), Folate: 21.39µg (5.35%), Vitamin B1: 0.07mg (4.61%), Fiber: 1.15g (4.6%), Phosphorus: 37.96mg (3.8%), Copper: 0.07mg (3.44%), Magnesium: 10.06mg (2.51%), Vitamin B3: 0.46mg (2.32%), Vitamin B2: 0.04mg (2.2%), Zinc: 0.33mg (2.17%), Vitamin K: 2.25µg (2.15%), Vitamin B5: 0.2mg (2.04%), Vitamin B6: 0.04mg (1.93%), Iron: 0.33mg (1.83%), Potassium: 61.68mg (1.76%), Vitamin E: 0.26mg (1.72%), Vitamin C: 1.36mg (1.65%), Calcium: 10.08mg (1.01%)