



Bread Machine Cardamom Bread

 Vegetarian

READY IN



165 min.

SERVINGS



36

CALORIES



50 kcal

Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 1 eggs
- 0.5 teaspoon ground cardamom
- 0.3 cup honey
- 0.5 cup milk
- 0.3 teaspoon salt
- 0.3 cup apple sauce unsweetened

Equipment

- frying pan
- oven
- loaf pan
- bread machine

Directions

- Place ingredients into the pan of your bread machine in the order recommended by the manufacturer. Select the Dough cycle and press Start.
- When the bread machine indicates that the cycle has ended, remove the dough, and knead slightly. Form into a loaf shape, and place into a greased 9x5 inch bread pan. Cover, and let rise in a warm place until doubled in size, about 45 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Uncover the loaf, and brush the top with water.
- Bake for 40 to 45 minutes in the preheated oven, or until nicely browned, and the loaf makes a hollow sound when tapped on the bottom. Allow to cool for 10 minutes before removing from the pan. Cool for about 1 hour before slicing.

Nutrition Facts



PROTEIN 12.8% **FAT 7.47%** **CARBS 79.73%**

Properties

Glycemic Index:4.51, Glycemic Load:5.97, Inflammation Score:-1, Nutrition Score:1.257826084514%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 49.9kcal (2.5%), Fat: 0.41g (0.64%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.62g (3.5%), Sugar: 2.29g (2.55%), Cholesterol: 4.95mg (1.65%), Sodium: 19.6mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Selenium: 4.61µg (6.59%), Manganese: 0.09mg (4.68%), Folate: 8.15µg (2.04%), Vitamin B1: 0.03mg (2.02%), Phosphorus: 17.28mg (1.73%), Vitamin B2: 0.02mg (1.46%), Fiber: 0.33g (1.31%), Copper: 0.02mg (1.1%), Vitamin B5: 0.1mg (1.03%)