



Bread Machine Challah



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



12

CALORIES



90 kcal

Ingredients

- ☐ 0.8 cup water
- ☐ 1 eggs
- ☐ 2 tablespoons butter softened
- ☐ 3.3 cups yukon gold potatoes for flour
- ☐ 2 tablespoons sugar
- ☐ 1.5 teaspoons salt
- ☐ 1.5 teaspoons bread machine yeast
- ☐ 1 egg yolk
- ☐ 2 tablespoons water cold

☐ 1 tablespoon poppy seeds

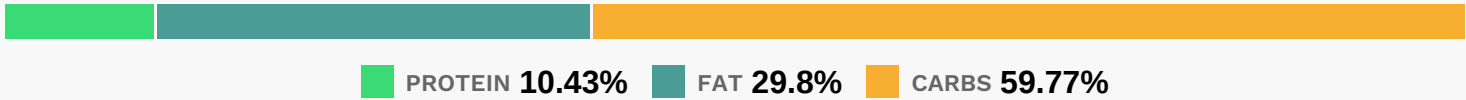
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ bread machine

Directions

- ☐ Measure carefully, placing all ingredients except egg yolk, cold water and poppy seed in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Dough/Manual cycle. Do not use Delay cycle.
- ☐ Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- ☐ Grease large cookie sheet. Divide dough into thirds.
- ☐ Roll each third into 13-inch rope.
- ☐ Place ropes side by side; braid ropes gently and loosely, starting at the middle. Pinch ends to seal; tuck ends under braid.
- ☐ Place on cookie sheet. Cover and let rise in warm place about 45 minutes or until double. (Dough is ready if indentation remains when touched.)
- ☐ Heat oven to 375°F.
- ☐ Mix egg yolk and cold water; brush over loaf.
- ☐ Sprinkle with poppy seed.
- ☐ Bake about 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.24, Glycemic Load:9.59, Inflammation Score:-2, Nutrition Score:4.852173882982%

Flavonoids

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 89.83kcal (4.49%), Fat: 3.05g (4.69%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 12.03g (4.37%), Sugar: 2.54g (2.82%), Cholesterol: 29.84mg (9.95%), Sodium: 323.85mg (14.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.4g (4.8%), Vitamin C: 12.64mg (15.32%), Vitamin B6: 0.21mg (10.59%), Vitamin B1: 0.13mg (8.65%), Potassium: 288.81mg (8.25%), Manganese: 0.15mg (7.65%), Folate: 29.22µg (7.31%), Fiber: 1.72g (6.89%), Phosphorus: 60.62mg (6.06%), Vitamin B3: 0.93mg (4.67%), Magnesium: 18.44mg (4.61%), Copper: 0.09mg (4.55%), Vitamin B2: 0.07mg (4.22%), Iron: 0.69mg (3.86%), Vitamin B5: 0.38mg (3.78%), Selenium: 2.32µg (3.32%), Zinc: 0.38mg (2.52%), Vitamin A: 126.17IU (2.52%), Calcium: 24.07mg (2.41%), Vitamin K: 1.24µg (1.18%), Vitamin E: 0.17mg (1.13%), Vitamin B12: 0.06µg (1.08%), Vitamin D: 0.15µg (1.03%)