



## Bread Machine Challah I

READY IN



185 min.

SERVINGS



24

CALORIES



87 kcal

### Ingredients

- 1.5 teaspoons active yeast dry
- 3 cups bread flour
- 2 eggs
- 3 tablespoons butter
- 0.8 cup milk
- 1.5 teaspoons salt
- 0.3 cup sugar white

### Equipment

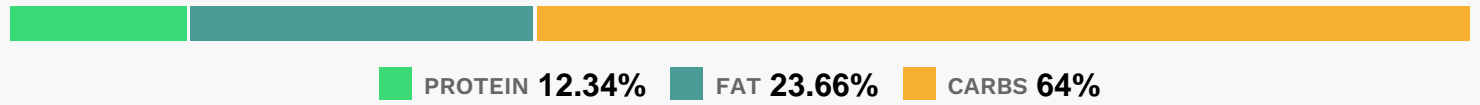
- frying pan

bread machine

## Directions

- Add ingredients to the pan of the bread machine in the order suggested by the manufacturer.
- Select Basic Bread and Light Crust settings. Start.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:8.93, Inflammation Score:-1, Nutrition Score:2.0686956624622%

## Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 2.28g (3.51%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.46g (4.89%), Sugar: 2.51g (2.79%), Cholesterol: 14.56mg (4.85%), Sodium: 170.38mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Selenium: 7.5µg (10.72%), Manganese: 0.13mg (6.31%), Phosphorus: 31.76mg (3.18%), Folate: 11.45µg (2.86%), Vitamin B2: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.65%), Vitamin A: 95.06IU (1.9%), Vitamin B5: 0.18mg (1.81%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.61%), Zinc: 0.23mg (1.52%), Calcium: 14.47mg (1.45%), Magnesium: 5.42mg (1.36%), Vitamin B12: 0.08µg (1.26%), Vitamin B3: 0.25mg (1.23%), Iron: 0.21mg (1.17%), Vitamin E: 0.16mg (1.06%), Vitamin D: 0.16µg (1.05%)