



Bread Machine Cinnamon-Raisin Bread



Vegetarian



Gluten Free

READY IN



220 min.

SERVINGS



12

CALORIES



104 kcal

Ingredients

- ☐ 1 cup water
- ☐ 2 tablespoons butter softened
- ☐ 3 cups yukon gold potatoes for flour
- ☐ 3 tablespoons sugar
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 2.5 teaspoons bread machine yeast
- ☐ 0.8 cup raisins

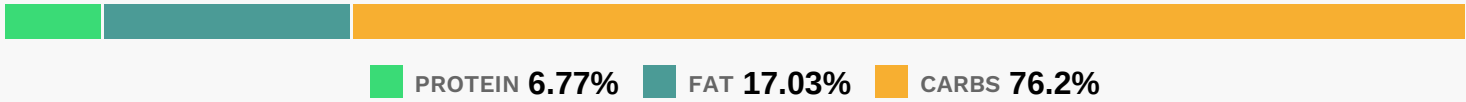
Equipment

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

Directions

- ☐ Measure carefully, placing all ingredients except raisins in bread machine pan in the order recommended by the manufacturer.
- ☐ Add raisins at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- ☐ Select Sweet or Basic/White cycle. Use Medium or Light crust color.
- ☐ Remove baked bread from pan and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:22.3, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:4.752608626433%

Flavonoids

Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 104.4kcal (5.22%), Fat: 2.08g (3.21%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 18.71g (6.8%), Sugar: 3.46g (3.84%), Cholesterol: 5.02mg (1.67%), Sodium: 313.33mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Vitamin C: 12.15mg (14.73%), Vitamin B1: 0.17mg (11.37%), Vitamin B6: 0.21mg (10.36%), Potassium: 334.98mg (9.57%), Fiber: 2.28g (9.13%), Folate: 33.84µg (8.46%), Manganese: 0.15mg (7.39%), Vitamin B3: 1.14mg (5.7%), Copper: 0.1mg (4.99%), Phosphorus: 47.72mg (4.77%), Vitamin B2: 0.08mg (4.58%), Magnesium: 17.23mg (4.31%), Iron: 0.74mg (4.09%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.28mg (1.85%), Calcium: 12.97mg (1.3%), Vitamin K: 1.34µg (1.28%), Vitamin A: 59.98IU (1.2%)