



Bread Machine Fresh Herb Bread

 Gluten Free  Low Fod Map

READY IN



220 min.

SERVINGS



12

CALORIES



84 kcal

Ingredients

- 1 cup water
- 2 tablespoons butter softened
- 3 cups yukon gold potatoes for flour
- 2 teaspoons sage fresh chopped
- 1 tablespoon basil fresh chopped
- 1 tablespoon oregano fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 0.3 cup parsley fresh chopped
- 3 tablespoons powdered milk dry

- 2 tablespoons sugar
- 1 teaspoon salt
- 1.5 teaspoons bread machine yeast

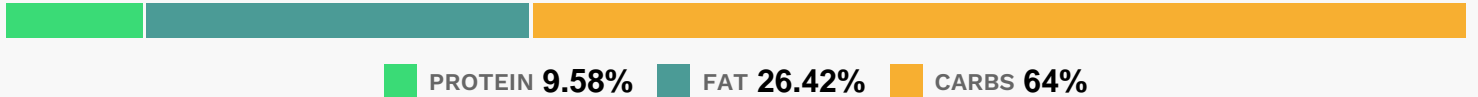
Equipment

- frying pan
- wire rack
- bread machine

Directions

- Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- Select Basic/White cycle. Use Medium or Light crust color.
- Remove baked bread from pan and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.24, Glycemic Load:9.32, Inflammation Score:-7, Nutrition Score:8.0643478865209%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 83.74kcal (4.19%), Fat: 2.54g (3.9%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.07g (4.39%), Sugar: 3.21g (3.56%), Cholesterol: 1.82mg (0.61%), Sodium: 228.48mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Copper: 1.09mg (54.45%), Vitamin K: 24.95µg (23.76%), Vitamin C: 14.06mg (17.04%), Vitamin B6: 0.2mg (9.82%), Potassium: 297.01mg (8.49%), Vitamin B1: 0.12mg (8.24%), Manganese: 0.16mg (7.87%), Fiber: 1.76g (7.03%), Folate: 27.75µg (6.94%), Phosphorus: 54.64mg (5.46%), Vitamin A: 239.17IU (4.78%), Magnesium: 18.76mg (4.69%), Vitamin B3: 0.93mg (4.64%), Iron: 0.82mg

(4.54%), Vitamin B2: 0.07mg (4.29%), Calcium: 38.02mg (3.8%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.32mg (2.16%),
Vitamin D: 0.2µg (1.31%), Vitamin E: 0.18mg (1.17%), Vitamin B12: 0.06µg (1.06%)