



Bread Machine Garlic Bread

 Vegetarian

READY IN



190 min.

SERVINGS



36

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons parsley dried
- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon milk powder dry
- ☐ 1.5 teaspoons salt
- ☐ 1 cup warm water 110 degrees F

☐ 1 tablespoon sugar white

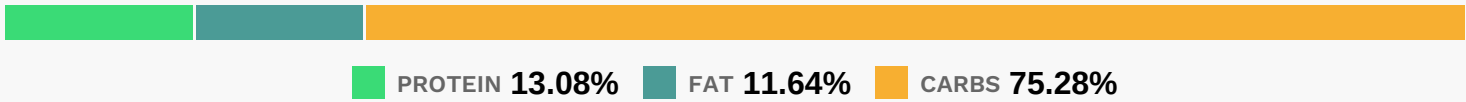
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Basic Bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:5.17, Inflammation Score:-1, Nutrition Score:1.1895652076472%

Flavonoids

Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg

Nutrients (% of daily need)

Calories: 44.07kcal (2.2%), Fat: 0.56g (0.87%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.87g (2.86%), Sugar: 0.46g (0.51%), Cholesterol: 1.04mg (0.35%), Sodium: 101.27mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Selenium: 4.24µg (6.06%), Manganese: 0.09mg (4.66%), Folate: 7.8µg (1.95%), Vitamin B1: 0.03mg (1.92%), Phosphorus: 13.97mg (1.4%), Fiber: 0.33g (1.33%), Vitamin K: 1.2µg (1.14%), Copper: 0.02mg (1.13%), Vitamin B2: 0.02mg (1.06%)