



Bread Machine Gingery Bread

 **Gluten Free**  **Dairy Free**

READY IN



220 min.

SERVINGS



12

CALORIES



86 kcal

Ingredients

- 0.8 cup water
- 0.3 cup blackstrap molasses
- 2 tablespoons butter softened
- 1 teaspoon lemon zest grated
- 3 cups yukon gold potatoes for flour
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons bread machine yeast

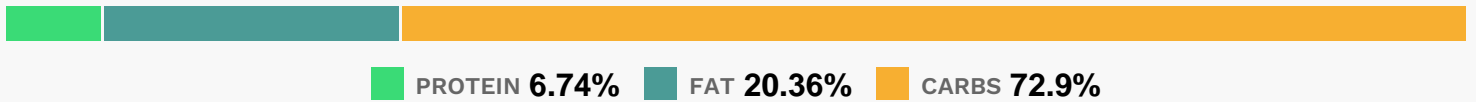
Equipment

- 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:11.06, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:4.8782608556035%

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: 85.53kcal (4.28%), Fat: 1.99g (3.07%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 14.51g (5.28%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 223.06mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin C: 11.88mg (14.4%), Manganese: 0.27mg (13.52%), Vitamin B6: 0.23mg (11.62%), Potassium: 361.24mg (10.32%), Magnesium: 31.58mg (7.9%), Vitamin B1: 0.12mg (7.89%), Fiber: 1.55g (6.21%), Folate: 23.95µg (5.99%), Copper: 0.1mg (5.23%), Vitamin B3: 0.95mg (4.77%), Iron: 0.85mg (4.72%), Phosphorus: 40.7mg (4.07%), Vitamin B5: 0.32mg (3.18%), Vitamin B2: 0.05mg (2.65%), Calcium: 24.19mg (2.42%), Selenium: 1.57µg (2.25%), Vitamin A: 85.03IU (1.7%), Zinc: 0.25mg (1.67%), Vitamin K: 1.15µg (1.1%)