

Bread Machine Hot Buttered Rum Loaf



Vegetarian



Gluten Free



Low Fod Map

READY IN



220 min.

SERVINGS



12

CALORIES



99 kcal

Ingredients

- ☐ 1 eggs
- ☐ 1 tablespoon rum extract
- ☐ 3 tablespoons butter softened
- ☐ 3 cups yukon gold potatoes for flour
- ☐ 3 tablespoons brown sugar packed
- ☐ 1.3 teaspoons salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon ground cardamom

- ☐ 1 teaspoon yeast dry quick
- ☐ 1 egg yolk beaten
- ☐ 1.5 teaspoons pecans finely chopped
- ☐ 1.5 teaspoons brown sugar packed

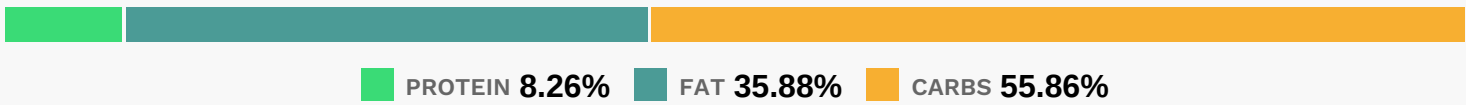
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wire rack
- ☐ measuring cup
- ☐ bread machine

Directions

- ☐ Into 1-cup measuring cup, break 1 egg.
- ☐ Add enough water to measure 1 cup. Measure carefully, placing egg mixture and remaining bread ingredients in bread machine pan in the order recommended by the manufacturer.
- ☐ Select Sweet or Basic/White cycle. Use Medium or Light crust color. Do not use delay cycle.
- ☐ In small bowl, mix all topping ingredients. About 40 to 50 minutes before bread is finished, lift cover of bread machine and carefully brush topping on top of loaf. Close lid to continue with cycle.
- ☐ Remove baked bread from pan; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:7.58, Inflammation Score:-2, Nutrition Score:4.17217389397%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg,

Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg 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: 98.86kcal (4.94%), Fat: 4.04g (6.21%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 12.66g (4.6%), Sugar: 3.91g (4.35%), Cholesterol: 37.37mg (12.45%), Sodium: 275.35mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 11.67mg (14.15%), Vitamin B6: 0.19mg (9.64%), Potassium: 266.75mg (7.62%), Manganese: 0.15mg (7.3%), Fiber: 1.48g (5.93%), Vitamin B1: 0.08mg (5.58%), Phosphorus: 51.06mg (5.11%), Folate: 19.73µg (4.93%), Copper: 0.08mg (3.88%), Magnesium: 15.48mg (3.87%), Vitamin B3: 0.74mg (3.72%), Iron: 0.63mg (3.48%), Vitamin B2: 0.06mg (3.29%), Vitamin B5: 0.32mg (3.24%), Selenium: 2.26µg (3.23%), Vitamin A: 130.65IU (2.61%), Zinc: 0.31mg (2.05%), Calcium: 16.48mg (1.65%), Vitamin K: 1.43µg (1.37%), Vitamin E: 0.17mg (1.15%), Vitamin B12: 0.07µg (1.13%), Vitamin D: 0.15µg (1.03%)