



Bread Machine Orange-Cappuccino Bread



Gluten Free



Low Fod Map

READY IN



220 min.

SERVINGS



12

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup water
- ☐ 1 tablespoon coffee instant
- ☐ 2 tablespoons butter softened
- ☐ 1 teaspoon orange zest grated
- ☐ 3 cups yukon gold potatoes for flour
- ☐ 2 tablespoons powdered milk dry
- ☐ 0.3 cup sugar
- ☐ 1.3 teaspoons salt

☐ 2.3 teaspoons yeast dry quick

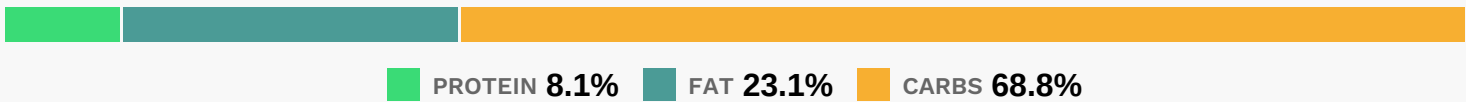
Equipment

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

Directions

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

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:10.69, Inflammation Score:-2, Nutrition Score:4.0521738866101%

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: 88.09kcal (4.4%), Fat: 2.33g (3.58%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.1g (5.13%), Sugar: 5.1g (5.67%), Cholesterol: 1.21mg (0.4%), Sodium: 273.91mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.08mg (4.36%), Protein: 1.83g (3.67%), Vitamin C: 11.99mg (14.54%), Vitamin B6: 0.19mg (9.38%), Potassium: 287.42mg (8.21%), Vitamin B1: 0.12mg (7.7%), Folate: 23.65µg (5.91%), Fiber: 1.48g (5.9%), Manganese: 0.1mg (5.04%), Vitamin B3: 0.99mg (4.93%), Phosphorus: 48.96mg (4.9%), Magnesium: 16.65mg (4.16%), Copper: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.29mg (2.85%), Iron: 0.5mg (2.8%), Calcium: 21.01mg (2.1%), Vitamin A: 97.02IU (1.94%), Zinc: 0.26mg (1.76%), Vitamin K: 1.16µg (1.11%)