



Bread Machine Potato-Caraway Bread



Gluten Free



Dairy Free



Low Fod Map

READY IN



185 min.

SERVINGS



12

CALORIES



171 kcal

Ingredients

- ☐ 1.3 cups water
- ☐ 2 tablespoons butter softened
- ☐ 3 cups yukon gold potatoes for flour
- ☐ 0.5 cup potatoes dry mashed ()
- ☐ 2 teaspoons caraway seeds
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons salt
- ☐ 2 teaspoons bread machine yeast
- ☐ 1.7 cups water

- ☐ 2 tablespoons butter softened
- ☐ 4 cups yukon gold potatoes for flour
- ☐ 0.7 cup potatoes dry mashed ()
- ☐ 1 tablespoon caraway seeds
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons salt
- ☐ 1.5 teaspoons bread machine yeast

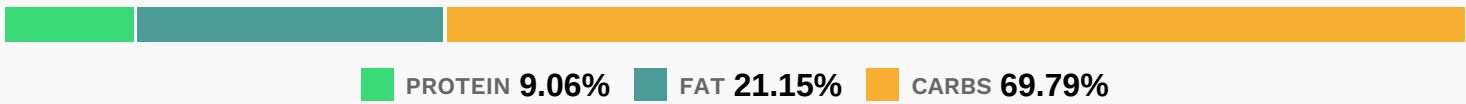
Equipment

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

Directions

- ☐ Make 1 1/2-pound recipe with bread machines that use 3 cups flour, or make 2-lb recipe with bread machines that use 4 cups flour.
- ☐ 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; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:21.66, Inflammation Score:-5, Nutrition Score:9.7726087920044%

Flavonoids

Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 170.69kcal (8.53%), Fat: 4.14g (6.36%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 638.65mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 31.4mg (38.06%), Vitamin B6: 0.49mg (24.62%), Potassium: 694.08mg (19.83%), Vitamin B1: 0.29mg (19.24%), Fiber: 4.19g (16.76%), Folate: 59.12µg (14.78%), Manganese: 0.26mg (12.96%), Vitamin B3: 2.28mg (11.39%), Phosphorus: 105.27mg (10.53%), Magnesium: 40.09mg (10.02%), Copper: 0.19mg (9.74%), Iron: 1.41mg (7.82%), Vitamin B2: 0.11mg (6.67%), Vitamin B5: 0.67mg (6.67%), Zinc: 0.63mg (4.18%), Vitamin A: 173.12IU (3.46%), Vitamin K: 3.02µg (2.87%), Calcium: 28.69mg (2.87%), Vitamin E: 0.18mg (1.21%)