



WHATSheATE



HEALTH SCORE

95%

Bread Machine Potato-Rosemary Bread



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



220 min.

SERVINGS



1

CALORIES



902 kcal

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon rosemary dried crumbled
- ☐ 0.5 cup potatoes dry mashed ()
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups water
- ☐ 2 teaspoons yeast dry
- ☐ 3 cups yukon gold potatoes for flour

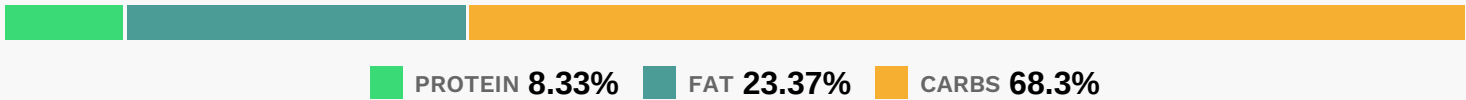
Equipment

- ☐ 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; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:307.59, Glycemic Load:112.87, Inflammation Score:-10, Nutrition Score:43.406086737695%

Flavonoids

Kaempferol: 6.52mg, Kaempferol: 6.52mg, Kaempferol: 6.52mg, Kaempferol: 6.52mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 901.73kcal (45.09%), Fat: 24.09g (37.06%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 158.39g (52.8%), Net Carbohydrates: 137.94g (50.16%), Sugar: 18.33g (20.37%), Cholesterol: 0mg (0%), Sodium: 3820.23mg (166.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Vitamin C: 161.81mg (196.13%), Vitamin B6: 2.53mg (126.71%), Potassium: 3521.4mg (100.61%), Vitamin B1: 1.35mg (89.95%), Fiber: 20.45g (81.8%), Folate: 282.38µg (70.59%), Manganese: 1.31mg (65.64%), Vitamin B3: 11.12mg (55.58%), Phosphorus: 511.89mg (51.19%), Magnesium: 199.04mg (49.76%), Copper: 0.97mg (48.45%), Iron: 7.11mg (39.5%), Vitamin B5: 3.28mg (32.75%), Vitamin B2: 0.53mg (31.22%), Vitamin A: 1080.42IU (21.61%), Zinc: 2.96mg (19.74%), Vitamin K: 15.51µg (14.77%), Calcium: 144.79mg (14.48%), Vitamin E: 0.95mg (6.33%), Selenium: 3.11µg (4.44%)