



Bread Machine Turtle Bread



Gluten Free



Low Fod Map

READY IN



220 min.

SERVINGS



1

CALORIES



1641 kcal

Ingredients

- ☐ 1 cup water
- ☐ 10 individually wrapped caramels
- ☐ 2.7 cups yukon gold potatoes for flour
- ☐ 2 tablespoons powdered milk dry
- ☐ 1 tablespoon sugar
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons yeast dry quick
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup pecans coarsely chopped

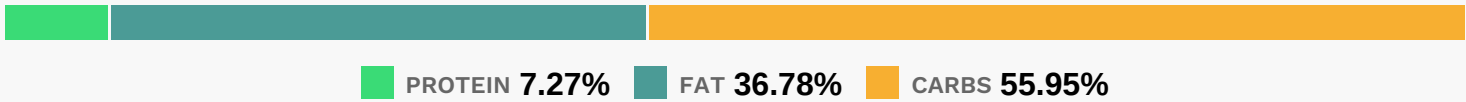
Equipment

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

Directions

- ☐ Measure carefully, placing all ingredients except chocolate chips and pecans in bread machine pan in the order recommended by the manufacturer.
- ☐ Add chocolate chips and pecans at the Raisin/Nut signal or 5 minutes before the last kneading cycle ends.
- ☐ Select Sweet or Basic/White cycle. Use Medium or Light crust color.
- ☐ Remove baked bread from pan, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:273.84, Glycemic Load:141.94, Inflammation Score:-9, Nutrition Score:55.855652435966%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 1640.71kcal (82.04%), Fat: 69.55g (106.99%), Saturated Fat: 18.48g (115.49%), Carbohydrates: 238.02g (79.34%), Net Carbohydrates: 214.05g (77.84%), Sugar: 106.84g (118.71%), Cholesterol: 24.25mg (8.08%), Sodium: 2101.44mg (91.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.7mg (12.9%), Protein: 30.93g (61.85%), Manganese: 4.05mg (202.53%), Vitamin C: 126.59mg (153.44%), Vitamin B6: 2.16mg (108.11%), Potassium: 3593.36mg (102.67%), Vitamin B1: 1.54mg (102.51%), Copper: 1.99mg (99.37%), Fiber: 23.97g (95.87%), Phosphorus:

887.7mg (88.77%), Magnesium: 324.93mg (81.23%), Folate: 231.68µg (57.92%), Vitamin B2: 0.92mg (54.1%), Iron: 9.48mg (52.65%), Vitamin B3: 9.79mg (48.93%), Zinc: 6.83mg (45.55%), Calcium: 426.26mg (42.63%), Vitamin B5: 4.06mg (40.63%), Vitamin K: 19.28µg (18.37%), Selenium: 12.43µg (17.76%), Vitamin B12: 0.87µg (14.53%), Vitamin E: 1.64mg (10.92%), Vitamin D: 1.58µg (10.5%), Vitamin A: 247.74IU (4.95%)