

Brownie Bread



Vegetarian



Dairy Free

READY IN



195 min.

SERVINGS



24

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)

- ☐ 0.5 cup water boiling
- ☐ 0.7 cup sugar white

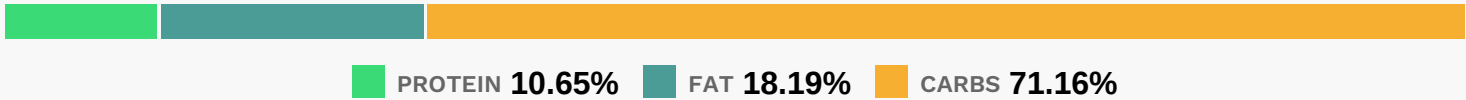
Equipment

- ☐ bowl
- ☐ bread machine

Directions

- ☐ In a small bowl, dissolve cocoa powder in boiling water.
- ☐ In a separate bowl, dissolve yeast and 2 teaspoons sugar in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Place cocoa mixture, yeast mixture, bread flour, remaining 2/3 cup white sugar, salt, vegetable oil and egg in bread machine pan. Select basic Bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:11.22, Inflammation Score:-1, Nutrition Score:2.71999999936249%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 97.99kcal (4.9%), Fat: 2.05g (3.16%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 16.95g (6.16%), Sugar: 5.64g (6.26%), Cholesterol: 14.92mg (4.97%), Sodium: 101.26mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.7g (5.41%), Selenium: 7.5µg (10.72%), Manganese: 0.19mg (9.75%), Copper: 0.1mg (5.08%), Fiber: 1.13g (4.5%), Folate: 15.27µg (3.82%), Phosphorus: 36.93mg (3.69%), Vitamin B1: 0.05mg (3.44%), Magnesium: 13.38mg (3.35%), Iron: 0.45mg (2.52%), Vitamin B2: 0.04mg (2.36%), Zinc: 0.32mg (2.15%), Vitamin K: 2.19µg (2.08%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.33mg (1.64%), Potassium: 49.43mg (1.41%), Vitamin E: 0.2mg (1.3%)