



Bruce's Honey Sesame Bread

 Vegetarian

READY IN



185 min.

SERVINGS



36

CALORIES



61 kcal

Ingredients

- 2.3 teaspoons yeast dry
- 3 cups bread flour
- 0.3 cup honey
- 1 tablespoon buttermilk powder
- 1.5 teaspoons salt
- 0.5 cup sesame seed toasted
- 1.3 cups water
- 3 tablespoons wheat bran

Equipment

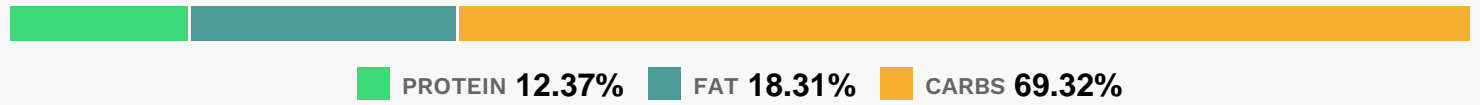
bread machine

Directions

Place ingredients in bread machine pan in the order suggested by the manufacturer.

Select Basic Bread cycle.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:6.1, Inflammation Score:-1, Nutrition Score:2.7895651861377%

Nutrients (% of daily need)

Calories: 60.64kcal (3.03%), Fat: 1.28g (1.98%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 9.86g (3.59%), Sugar: 2.06g (2.29%), Cholesterol: 0.12mg (0.04%), Sodium: 98.82mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.28mg (13.91%), Selenium: 5.88µg (8.4%), Copper: 0.12mg (5.98%), Magnesium: 17.87mg (4.47%), Fiber: 1.08g (4.32%), Phosphorus: 38.54mg (3.85%), Vitamin B1: 0.05mg (3.55%), Iron: 0.54mg (3.02%), Folate: 11.11µg (2.78%), Calcium: 25.25mg (2.53%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.45mg (2.24%), Vitamin B6: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.75%), Potassium: 40.46mg (1.16%), Vitamin B5: 0.11mg (1.07%)