

# Buttercup Squash Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



97 kcal

BREAD

## Ingredients

- 0.3 ounce yeast dry
- 1 cup buttercup squash cooked mashed
- 0.5 teaspoon caraway seeds
- 3 cups flour all-purpose
- 2 tablespoons blackstrap molasses
- 1 teaspoon salt
- 0.5 cup water (110° to 115°)

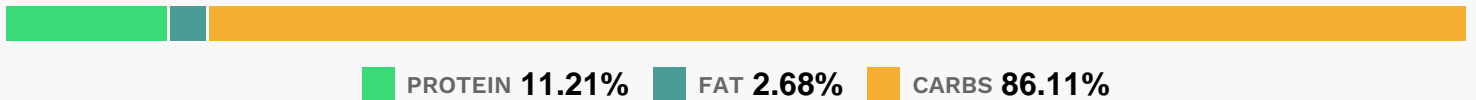
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan

## Directions

- In a large bowl, dissolve yeast in water.
- Add molasses, salt, caraway, squash and 2 cups flour; mix well.
- Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to greased top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; turn onto a floured surface and shape into a loaf.
- Place in a greased 9-in. x 5-in. loaf pan. Cover and let rise until doubled, about 45 minutes.
- Bake at 400° for 25–30 minutes or until golden brown.
- Remove from pan to cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:13.76, Inflammation Score:-3, Nutrition Score:4.3891304392044%

## Nutrients (% of daily need)

Calories: 96.68kcal (4.83%), Fat: 0.28g (0.44%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 19.7g (7.17%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 147.63mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin B1: 0.24mg (15.74%), Folate: 55µg (13.75%), Selenium: 8.46µg (12.09%), Manganese: 0.21mg (10.62%), Vitamin B2: 0.14mg (8.13%), Vitamin B3: 1.62mg (8.12%), Iron: 1.27mg (7.05%), Fiber: 0.88g (3.54%), Magnesium: 12.7mg (3.17%), Phosphorus: 30.93mg (3.09%), Copper: 0.05mg (2.74%), Potassium: 92.06mg (2.63%), Vitamin B6: 0.05mg (2.26%), Vitamin A: 99.33IU (1.99%), Vitamin B5: 0.2mg (1.96%), Zinc: 0.23mg (1.51%), Calcium: 11.55mg (1.15%), Vitamin C: 0.91mg (1.1%)