



Buttermilk White Bread

READY IN



185 min.

SERVINGS



36

CALORIES



49 kcal

Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 3 tablespoons honey
- 1 tablespoon butter
- 4 tablespoons powdered buttermilk
- 1.5 teaspoons salt
- 1.1 cups water

Equipment

- bread machine

Directions

- Add ingredients to bread machine pan in order recommended by your manufacturer. Use medium crust and white bread settings. I use less yeast during hot, humid summer months.

Nutrition Facts



PROTEIN 12.79% FAT 9.95% CARBS 77.26%

Properties

Glycemic Index:3.31, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:1.1921739065615%

Nutrients (% of daily need)

Calories: 48.86kcal (2.44%), Fat: 0.54g (0.83%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 9.1g (3.31%), Sugar: 1.8g (2%), Cholesterol: 0.46mg (0.15%), Sodium: 104.75mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Selenium: 4.3µg (6.14%), Manganese: 0.08mg (4.24%), Vitamin B1: 0.03mg (2%), Folate: 7.83µg (1.96%), Phosphorus: 17.58mg (1.76%), Vitamin B2: 0.02mg (1.44%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.12%)