



## Caraway-Swiss Casserole Bread

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 tablespoon caraway seeds
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon cracked pepper black
- ☐ 4 ounces swiss cheese shredded reduced-fat
- ☐ 1.3 cups warm water (100° to 110°)
- ☐ 16 ounce roll mix hot
- ☐ 16 ounce roll mix hot

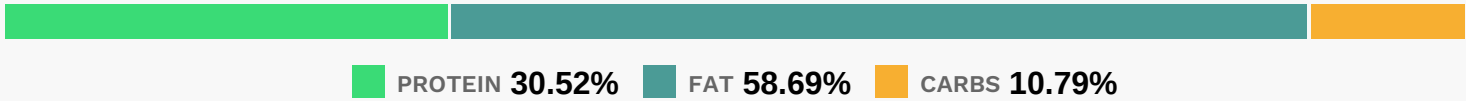
# Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ casserole dish

# Directions

- ☐ Combine yeast packet from roll mix and warm water in a large bowl.
- ☐ Let stand 5 minutes.
- ☐ Add three-fourths of flour packet from roll mix, cheese, and next 4 ingredients. Beat with a mixer at low speed until blended. Stir in remaining flour from roll mix.
- ☐ Scrape dough from sides of bowl. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk. Stir dough 25 strokes.
- ☐ Preheat oven to 35
- ☐ Spoon dough into a 2-quart casserole dish coated with cooking spray.
- ☐ Bake at 350 for 45 to 50 minutes or until loaf is browned and sounds hollow when tapped.
- ☐ Cut into wedges, and serve warm.

# Nutrition Facts



# Properties

Glycemic Index:4.21, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.3700000169161%

# Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

# Nutrients (% of daily need)

Calories: 31.81kcal (1.59%), Fat: 2.09g (3.22%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.23g (0.26%), Cholesterol: 2.84mg (0.94%), Sodium: 36.32mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Calcium: 83.36mg (8.34%), Phosphorus: 52.95mg (5.3%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.14µg (2.3%), Vitamin B2: 0.03mg (1.91%), Vitamin A: 86.25IU (1.72%), Selenium: 1.1µg (1.57%), Manganese: 0.03mg (1.37%), Magnesium: 4.84mg (1.21%)