

Cardamom Bread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



48 kcal

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 3 cups bread flour
- ☐ 1.5 teaspoons canola oil
- ☐ 1 eggs
- ☐ 0.5 cup evaporated skim milk
- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 3 tablespoons sugar white

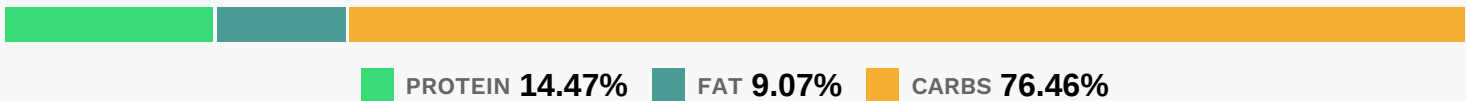
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Place all ingredients into bread machine in the proper order for your machine. Use the Dough cycle.
- ☐ At end of the Dough cycle, remove dough from the machine.
- ☐ Place on a lightly floured board, and let it rest, covered, for about 10 minutes.
- ☐ Shape dough into a loaf, and place it in a 9 x 5 inch greased bread pan. Cover, and let rise for 45 minutes.
- ☐ Just before baking, brush the top of the dough with a little milk, and slash a line down the center.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 to 35 minutes.
- ☐ Remove from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:5.59, Inflammation Score:-1, Nutrition Score:1.2782608675568%

Nutrients (% of daily need)

Calories: 47.9kcal (2.4%), Fat: 0.48g (0.73%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.75g (3.18%), Sugar: 1.44g (1.6%), Cholesterol: 4.69mg (1.56%), Sodium: 70.78mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Selenium: 4.61µg (6.59%), Manganese: 0.1mg (4.95%), Phosphorus: 20.11mg (2.01%), Folate: 6.35µg (1.59%), Vitamin B2: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.34%), Calcium: 12.9mg (1.29%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.02%)