

Carrot Thyme Bread



Vegetarian



Vegan



Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



63 kcal

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 2.3 cups bread flour
- ☐ 2 cups carrots grated
- ☐ 0.5 cup cornmeal
- ☐ 1.5 tablespoons thyme leaves dried
- ☐ 1 cup rye flour
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water

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1.5 tablespoons sugar white

Equipment

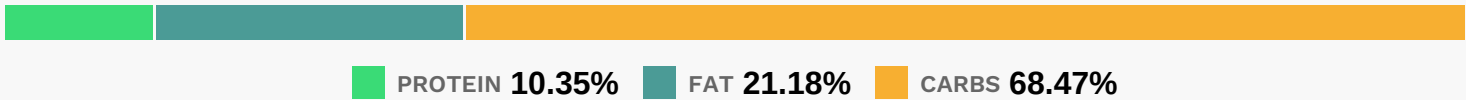
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bread machine

Directions

- ☐ Place the ingredients in the bread machine pan in the order suggested by the manufacturer. Select Basic Bread setting, and then press Start.
- ☐ Allow the loaf to cool before slicing.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:5.21, Inflammation Score:-7, Nutrition Score:3.226956502251%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.59kcal (3.13%), Fat: 1.48g (2.28%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.74g (3.54%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 102.64mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin A: 1194.47IU (23.89%), Manganese: 0.17mg (8.43%), Vitamin K: 6.08µg (5.79%), Selenium: 3.68µg (5.25%), Fiber: 1.05g (4.19%), Vitamin B1: 0.05mg (3.35%), Folate: 11.16µg (2.79%), Iron: 0.44mg (2.45%), Phosphorus: 23.12mg (2.31%), Magnesium: 7.51mg (1.88%), Vitamin B6: 0.04mg (1.87%), Copper: 0.04mg (1.78%), Vitamin B3: 0.35mg (1.73%), Zinc: 0.24mg (1.61%), Vitamin E: 0.23mg (1.55%), Potassium: 51.73mg (1.48%), Vitamin B2: 0.02mg (1.38%), Vitamin B5: 0.11mg (1.1%)