



Chai Cake for Bread Machines

 Vegetarian

READY IN



235 min.

SERVINGS



10

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 cup bread flour
- ☐ 1 tablespoon butter room temperature
- ☐ 0.5 teaspoon caraway seed
- ☐ 1.1 oz chai tea powder
- ☐ 1 teaspoon coarse salt flakes smoked
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup raspberries unsweetened frozen
- ☐ 0.3 cup rye flour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 0.8 cup water hot
- ☐ 0.5 cup wheat bran
- ☐ 0.3 cup sugar white
- ☐ 0.3 cup chardonnay wine

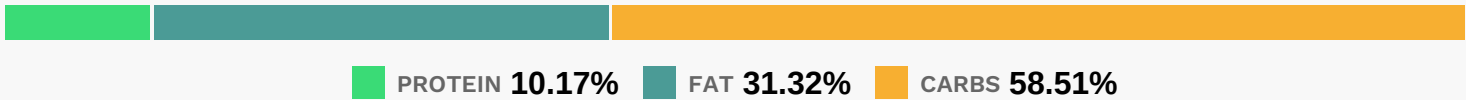
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Prepare the chai tea using one packet or two tablespoons of dry mix stirred into 3/4 cup hot water. Allow to cool for about 10 minutes.
- ☐ Combine the chai tea, Chardonnay, vanilla extract, egg yolk, frozen raspberries, and butter in the pan of a bread machine.
- ☐ Add the bread flour, rye flour, all-purpose flour, wheat bran, yeast, walnuts, caraway seed, sugar, and salt.
- ☐ Select the "Sweet" setting with a "Light Crust" and press Start. When the bread has finished baking, allow it to cool for at least 30 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:13.78, Inflammation Score:-3, Nutrition Score:7.5147826386535%

Flavonoids

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Nutrients (% of daily need)

Calories: 167.91kcal (8.4%), Fat: 5.94g (9.14%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 21.93g (7.97%), Sugar: 5.59g (6.21%), Cholesterol: 22.45mg (7.48%), Sodium: 244.8mg (10.64%), Alcohol: 0.69g (100%), Alcohol %: 1.21% (100%), Protein: 4.34g (8.68%), Manganese: 0.79mg (39.49%), Selenium: 10.77µg (15.38%), Vitamin B1: 0.23mg (15.29%), Folate: 54.57µg (13.64%), Fiber: 3.04g (12.16%), Phosphorus: 90.25mg (9.03%), Magnesium: 35.92mg (8.98%), Copper: 0.17mg (8.74%), Vitamin B3: 1.64mg (8.2%), Vitamin B2: 0.14mg (8.11%), Iron: 1.33mg (7.38%), Vitamin B6: 0.11mg (5.38%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.36mg (3.65%), Potassium: 116.2mg (3.32%), Vitamin C: 1.67mg (2.03%), Vitamin E: 0.29mg (1.91%), Calcium: 17.56mg (1.76%), Vitamin A: 64.84IU (1.3%)