

# Chili Bread

 Dairy Free

READY IN



185 min.

SERVINGS



24

CALORIES



54 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons active yeast dry
- 1 teaspoon beef bouillon from cube
- 0.9 cup beer
- 2.3 cups bread flour
- 0.3 teaspoon chile oil hot
- 1 teaspoon chili powder
- 1 tablespoon onion dried minced
- 0.3 teaspoon garlic powder

- 0.3 teaspoon ground pepper
- 0.1 teaspoon ground cumin
- 1 tablespoon olive oil
- 0.5 teaspoon salt

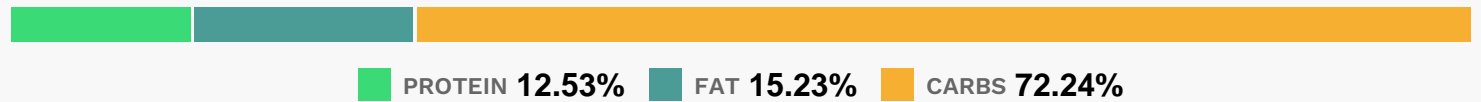
## Equipment

- frying pan
- bread machine

## Directions

- Place the ingredients in the pan of the bread machine in the order suggested by the manufacturer. Select the French Bread or White Bread setting, and then press Start.

## Nutrition Facts



## Properties

Glycemic Index:6.23, Glycemic Load:5.63, Inflammation Score:-1, Nutrition Score:1.4056521724586%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 53.56kcal (2.68%), Fat: 0.86g (1.32%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.76g (3.18%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 51.39mg (2.23%), Alcohol: 0.34g (100%), Alcohol %: 1.94% (100%), Protein: 1.59g (3.18%), Selenium: 4.76µg (6.8%), Manganese: 0.1mg (4.99%), Folate: 10.86µg (2.72%), Vitamin B1: 0.04mg (2.66%), Fiber: 0.41g (1.63%), Phosphorus: 15.37mg (1.54%), Vitamin B3: 0.28mg (1.41%), Copper: 0.03mg (1.25%), Vitamin B2: 0.02mg (1.23%), Vitamin E: 0.18mg (1.17%)