



Chocolate Apricot Bread

READY IN



180 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 0.5 teaspoon almond extract
- ☐ 2.7 cups bread flour
- ☐ 0.5 tablespoon canola oil
- ☐ 2 tablespoons chocolate syrup
- ☐ 0.3 cup apricots dried
- ☐ 3 tablespoons milk powder dry
- ☐ 0.3 cup oat flour
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened

- ☐ 1 cup water
- ☐ 3 tablespoons sugar white

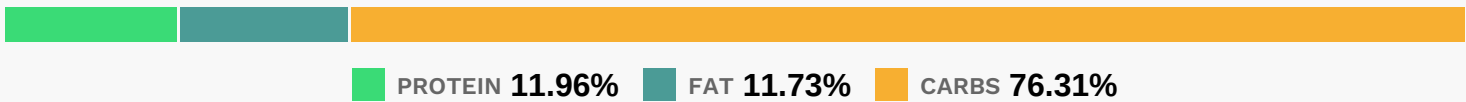
Equipment

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

Directions

- ☐ Place all ingredients (except apricots) in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press Start.
- ☐ At the end of dough cycle, turn dough out onto a lightly floured surface, cover and let rest 10 minutes.
- ☐ Roll dough out into a rectangle, sprinkle apricots on top, and roll up into a loaf shape.
- ☐ Place into a greased 9x5 inch loaf pan, cover and let rise in a warm place until doubled in size, about 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Slash the risen loaf down the center with a sharp knife.
- ☐ Bake in the preheated oven for 30 minutes, or until bottom of the loaf sounds hollow when tapped.
- ☐ Remove from pan and place loaf on a wire rack to completely cool.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:23.96, Inflammation Score:-4, Nutrition Score:7.0795651829761%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 239.63kcal (11.98%), Fat: 3.15g (4.85%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 43.59g (15.85%), Sugar: 10.46g (11.62%), Cholesterol: 2.73mg (0.91%), Sodium: 309.05mg (13.44%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 4.61mg (1.54%), Protein: 7.23g (14.46%), Manganese: 0.64mg (31.77%), Selenium: 19.19µg (27.41%), Phosphorus: 110.43mg (11.04%), Copper: 0.22mg (10.88%), Fiber: 2.55g (10.2%), Magnesium: 34.46mg (8.61%), Vitamin B1: 0.12mg (8.08%), Folate: 26.6µg (6.65%), Iron: 1.08mg (5.98%), Zinc: 0.82mg (5.49%), Vitamin B2: 0.09mg (5.39%), Potassium: 188.68mg (5.39%), Vitamin B3: 0.83mg (4.14%), Calcium: 41.24mg (4.12%), Vitamin E: 0.55mg (3.67%), Vitamin A: 173.51IU (3.47%), Vitamin B5: 0.34mg (3.35%), Vitamin B6: 0.04mg (2.22%), Vitamin D: 0.3µg (1.97%), Vitamin B12: 0.09µg (1.53%), Vitamin K: 1.17µg (1.11%)