



Chocolate Bread

READY IN



45 min.

SERVINGS



14

CALORIES



179 kcal

Ingredients

- 4 ounces bittersweet chocolate coarsely chopped
- 3 cups bread flour
- 2 teaspoons bread-machine yeast
- 1 tablespoon butter
- 0.3 cup dutch process cocoa
- 1 large egg yolk
- 1 teaspoon salt
- 0.3 cup sugar
- 1 cup warm water (100° to 110°)

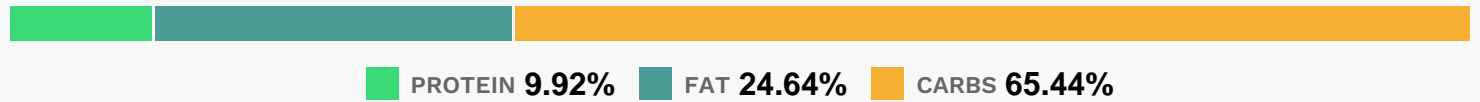
Equipment

- oven
- knife
- loaf pan
- measuring cup
- bread machine

Directions

- Lightly spoon flour into dry measuring cups; level with a knife. Follow manufacturer's instructions for placing flour and the remaining ingredients into bread pan, and select the bake cycle; start bread machine.

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:15.91, Inflammation Score:-2, Nutrition Score:4.9156521636507%

Flavonoids

Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 4.96g (7.63%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 27.59g (10.03%), Sugar: 7.84g (8.71%), Cholesterol: 15.75mg (5.25%), Sodium: 176.04mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.5mg (3.5%), Protein: 4.49g (8.98%), Manganese: 0.38mg (19.09%), Selenium: 12.31µg (17.58%), Copper: 0.22mg (10.76%), Fiber: 2.05g (8.19%), Magnesium: 29.25mg (7.31%), Vitamin B1: 0.1mg (6.99%), Folate: 27.61µg (6.9%), Phosphorus: 67.78mg (6.78%), Iron: 1.02mg (5.66%), Zinc: 0.63mg (4.23%), Vitamin B2: 0.06mg (3.5%), Vitamin B3: 0.65mg (3.26%), Potassium: 104.47mg (2.98%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.21mg (1.41%), Calcium: 13.68mg (1.37%)