

# Chocolate Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

## Ingredients

- 6 cups bread flour
- 0.3 ounce yeast instant
- 2 teaspoons salt
- 1 tablespoon sunflower seed oil
- 0.8 cup cocoa powder unsweetened
- 1.8 cups warm water (110 degrees F/45 degrees C)
- 4.5 tablespoons sugar white

## Equipment

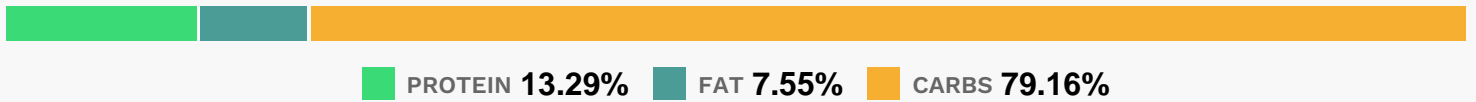
- bowl

- baking sheet
- oven
- wooden spoon
- kitchen towels

## Directions

- Combine flour, salt, yeast, sugar, cocoa, sunflower oil, and water in a large bowl. Stir everything with a wooden spoon until you have a soft dough.
- Place the dough on a lightly floured surface. Knead for five minutes, until smooth and elastic.
- Divide the dough in half, and roll each half into a ball.
- Place both on a baking sheet.
- Cut crisscross designs in the tops, and cover with a kitchen towel.
- Let rise until double in size.
- Bake at 425 degrees F (220 degrees C) for 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.82, Glycemic Load:24.4, Inflammation Score:-2, Nutrition Score:6.0817390849571%

## Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 196.49kcal (9.82%), Fat: 1.7g (2.61%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 37.21g (13.53%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 294.08mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.27mg (3.09%), Protein: 6.71g (13.43%), Selenium: 19.57µg (27.96%), Manganese: 0.54mg (27.02%), Copper: 0.26mg (12.79%), Fiber: 2.79g (11.16%), Magnesium: 34.37mg (8.59%), Phosphorus: 82mg (8.2%), Folate: 28.54µg (7.14%), Vitamin B1: 0.1mg (6.57%), Iron: 1.03mg (5.72%), Zinc: 0.74mg (4.95%), Vitamin B3: 0.79mg (3.93%), Vitamin B2: 0.06mg (3.44%), Potassium: 116.54mg (3.33%), Vitamin B5: 0.28mg (2.82%), Vitamin E: 0.41mg (2.74%), Vitamin B6: 0.04mg (1.86%), Calcium: 13.8mg (1.38%)