



## Chocolate Cinnamon Roll Bread Machine Bread

READY IN



230 min.

SERVINGS



8

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 teaspoons active yeast dry
- 3.3 cups bread flour
- 1 teaspoon cocoa powder (such as Hershey's®)
- 1 eggs
- 1 teaspoon ground cinnamon
- 2 tablespoons butter softened
- 1 cup milk
- 0.5 cup peanut butter chips (such as Reese's®)

- 1 teaspoon salt
- 0.3 cup semi chocolate chips
- 0.3 cup sucralose and brown sugar blend splenda® (such as brown sugar blend)
- 1 tablespoon vanilla extract
- 0.3 cup water

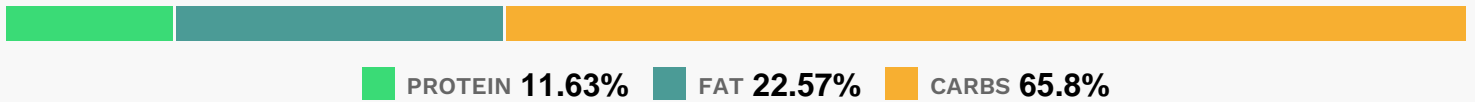
## Equipment

- frying pan
- bread machine

## Directions

- Place water, milk, egg, vanilla extract, bread flour, sucralose and brown sugar blend, salt, cinnamon, cocoa powder, yeast, and margarine respectively in the pan of a bread machine. Select a 1 1/2-pound loaf cycle with a light crust and press Start.
- Add peanut butter chips and semisweet chips when the final knead cycle begins. Cool bread for 10 to 15 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:25.02, Inflammation Score:-4, Nutrition Score:7.3395652882755%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 307.52kcal (15.38%), Fat: 7.4g (11.39%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 46.53g (16.92%), Sugar: 9.55g (10.61%), Cholesterol: 24.46mg (8.15%), Sodium: 345.56mg (15.02%), Alcohol: 0.56g (100%), Alcohol %: 0.57% (100%), Caffeine: 5.13mg (1.71%), Protein: 8.58g (17.16%), Selenium: 23.49µg (33.56%), Manganese: 0.54mg (27.23%), Phosphorus: 112.54mg (11.25%), Copper: 0.18mg (9%), Vitamin B1: 0.13mg (8.51%), Folate: 33.51µg (8.38%), Fiber: 2.04g (8.14%), Vitamin B2: 0.13mg (7.52%), Magnesium: 28.71mg (7.18%),

Zinc: 0.85mg (5.67%), Calcium: 56.37mg (5.64%), Iron: 0.98mg (5.42%), Vitamin B5: 0.53mg (5.27%), Potassium: 149.8mg (4.28%), Vitamin B3: 0.85mg (4.26%), Vitamin A: 208.9IU (4.18%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.45µg (2.97%), Vitamin B6: 0.06mg (2.96%), Vitamin E: 0.43mg (2.86%)