



Chocolate Coffee Bread

READY IN



180 min.

SERVINGS



36

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 1.3 cups bread flour
- ☐ 0.3 cup cocoa powder
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons milk powder dry
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1.5 tablespoons vegetable oil
- ☐ 1.3 cups water

- ☐ 1.3 cups flour whole wheat
- ☐ 2 envelopes mocha cappuccino mix instant

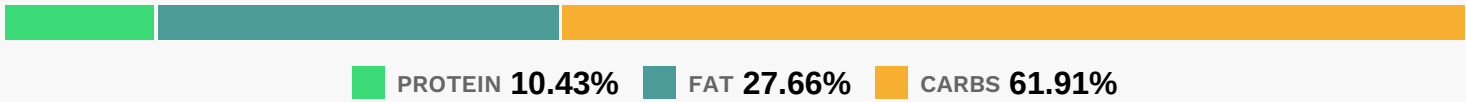
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place all ingredients (except chocolate chips and mocha mix) in the pan of the bread machine in the order recommended by the manufacturer. Select Basic Bread cycle; press Start. If your machine has a Fruit setting, add the chocolate chips and mocha mix at the signal, or about 5 minutes before the kneading cycle has finished.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:2.6395652378383%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 62.18kcal (3.11%), Fat: 2g (3.08%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 8.95g (3.26%), Sugar: 2.64g (2.93%), Cholesterol: 0.76mg (0.25%), Sodium: 100.42mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.98mg (1.33%), Protein: 1.7g (3.4%), Manganese: 0.28mg (14.18%), Selenium: 5.04µg (7.2%), Copper: 0.09mg (4.57%), Fiber: 1.14g (4.55%), Magnesium: 16.38mg (4.1%), Phosphorus: 38.86mg (3.89%), Vitamin B1: 0.05mg (3.37%), Iron: 0.49mg (2.7%), Folate: 8.55µg (2.14%), Zinc: 0.32mg (2.11%), Vitamin B3: 0.39mg (1.95%), Vitamin B2: 0.03mg (1.72%), Potassium: 58.14mg (1.66%), Vitamin B6: 0.03mg (1.34%), Vitamin K: 1.35µg (1.29%), Calcium: 10.96mg (1.1%)