



## Cinnamon-Raisin Bread



Vegetarian



Gluten Free

READY IN



236 min.

SERVINGS



16

CALORIES



187 kcal

### Ingredients

- ☐ 0.5 cup brown rice flour
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons cider vinegar
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 large eggs
- ☐ 0.5 cup flaxseed meal
- ☐ 3 teaspoons ground cinnamon divided
- ☐ 0.3 cup honey
- ☐ 1.5 cups warm milk 1% low-fat (100° to 110°)

- ☐ 0.8 cup raisins
- ☐ 0.5 cup rice flour white
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sorghum flour sweet white
- ☐ 0.5 cup tapioca flour
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 cups warm water divided (100° to 110°)
- ☐ 2 teaspoons xanthan gum

## Equipment

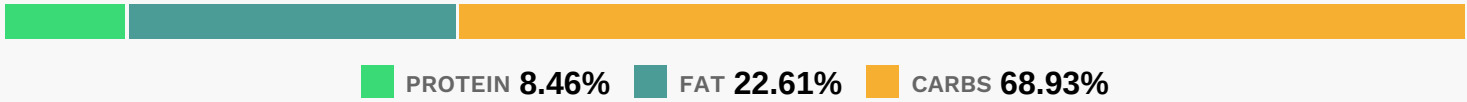
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Combine 1 cup warm water and raisins in a medium bowl.
- ☐ Let stand 10 minutes or until raisins are plump; drain.
- ☐ Dissolve yeast in 1 cup warm water and 1 1/2 cups warm milk in a small bowl; let stand 5 minutes.
- ☐ Weigh or lightly spoon flours and flaxseed meal into dry measuring cups; level with a knife.
- ☐ Place flours, flaxseed meal, 1 teaspoon cinnamon, xanthan gum, and salt in a large bowl; beat with a mixer at medium speed until combined.
- ☐ Add yeast mixture, butter, vinegar, honey, and eggs; beat until blended. Fold in raisins.
- ☐ Combine 2 teaspoons cinnamon and brown sugar in a small bowl.

- ☐
- Spoon one-third of batter into a 9 x 5-inch loaf pan coated with cooking spray. Top with half of cinnamon-sugar mixture. Repeat layers once. Spoon remaining one-third of batter over cinnamon-sugar mixture. Cover loosely with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour and 45 minutes or until dough is just above top of pan.
- ☐
- Preheat oven to 37
- ☐
- Bake at 375 for 55 minutes or until top is golden brown and bread sounds hollow when tapped. Cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:7.82, Inflammation Score:-3, Nutrition Score:6.8169565848682%

Nutrients (% of daily need)

Calories: 186.76kcal (9.34%), Fat: 4.86g (7.48%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 30.07g (10.93%), Sugar: 9.09g (10.1%), Cholesterol: 28.12mg (9.37%), Sodium: 108.3mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Manganese: 0.58mg (28.78%), Vitamin B1: 0.2mg (13.5%), Fiber: 3.29g (13.14%), Phosphorus: 120.93mg (12.09%), Magnesium: 42.63mg (10.66%), Selenium: 5.51µg (7.88%), Vitamin B6: 0.15mg (7.71%), Copper: 0.13mg (6.63%), Vitamin B2: 0.11mg (6.42%), Vitamin B3: 1.28mg (6.41%), Iron: 1.05mg (5.82%), Potassium: 198.8mg (5.68%), Calcium: 56.52mg (5.65%), Folate: 21.25µg (5.31%), Zinc: 0.73mg (4.89%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.39µg (2.63%), Vitamin A: 121.95IU (2.44%), Vitamin E: 0.24mg (1.58%)