



## Cinnamon Swirl Bread

 Vegetarian

READY IN



55 min.

SERVINGS



32

CALORIES



105 kcal

BREAD

### Ingredients

- 0.5 ounce yeast dry
- 0.5 cup butter softened
- 0.5 cup corn flakes/bran flakes uncooked
- 1 eggs
- 1 egg whites lightly beaten
- 4 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 cup milk (110° to 115°)

- 2 teaspoons salt
- 0.5 cup sugar
- 0.5 cup water (110° to 115°)

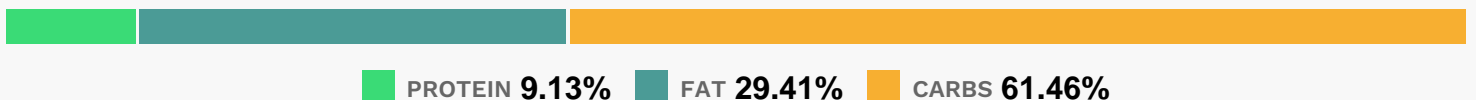
## Equipment

- bowl
- oven
- loaf pan

## Directions

- In a bowl, dissolve yeast in water.
- Add milk, butter, egg, cereal, sugar, salt and 2 cups flour; mix until smooth. Stir in enough remaining flour to form a soft dough. Do not knead. Cover and let rise in a warm place until doubled, about 1-1/4 hours.
- Punch dough down; divide in half.
- Roll each portion into a 12-in. x 7-in. rectangle.
- Brush with egg white.
- Combine sugar and cinnamon; sprinkle over rectangles. Starting with a short side, roll up tightly and seal edges.
- Place each in a greased 8-in. x 4-in. loaf pan. Cover and let rise until doubled, about 30 minutes.
- Bake at 375° for 40-45 minutes or until golden brown.
- Remove from pans to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:9.7, Glycemic Load:11.23, Inflammation Score:-2, Nutrition Score:3.6473913067223%

## Nutrients (% of daily need)

Calories: 105.47kcal (5.27%), Fat: 3.47g (5.33%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.51g (5.64%), Sugar: 3.66g (4.07%), Cholesterol: 13.66mg (4.55%), Sodium: 178.71mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin B1: 0.18mg (12.31%), Folate: 43.93µg (10.98%), Selenium: 6.48µg (9.25%), Manganese: 0.18mg (8.76%), Vitamin B2: 0.13mg (7.44%), Vitamin B3: 1.22mg (6.1%), Iron: 0.96mg (5.33%), Phosphorus: 34.08mg (3.41%), Fiber: 0.79g (3.15%), Vitamin A: 124.78IU (2.5%), Vitamin B5: 0.19mg (1.9%), Calcium: 16.55mg (1.66%), Magnesium: 6.55mg (1.64%), Vitamin B6: 0.03mg (1.58%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.09µg (1.53%), Copper: 0.03mg (1.53%), Potassium: 41.16mg (1.18%)