



Crusty Potato Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



79 kcal

Ingredients

- 3.3 cups bread flour
- 2 tablespoons butter
- 2 teaspoons yeast instant
- 0.5 cup potato flakes instant mashed
- 1.5 teaspoons salt
- 1.3 cups water
- 1 tablespoon sugar white

Equipment

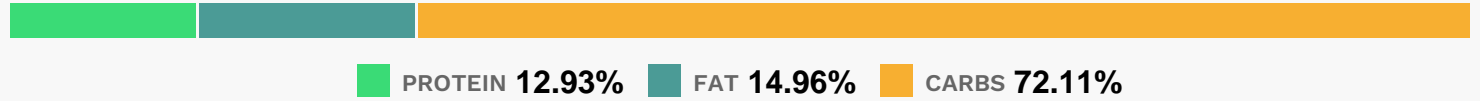
- frying pan

bread machine

Directions

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select White Bread Cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:2.5839130654931%

Nutrients (% of daily need)

Calories: 79.07kcal (3.95%), Fat: 1.31g (2.02%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 13.44g (4.89%), Sugar: 0.59g (0.66%), Cholesterol: 2.51mg (0.84%), Sodium: 155.61mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Selenium: 6.98µg (9.97%), Vitamin B1: 0.14mg (9.06%), Folate: 29.6µg (7.4%), Manganese: 0.14mg (6.98%), Vitamin B3: 0.65mg (3.25%), Vitamin B2: 0.05mg (3.06%), Fiber: 0.76g (3.03%), Phosphorus: 25.02mg (2.5%), Vitamin B5: 0.24mg (2.36%), Copper: 0.04mg (1.96%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.53%), Magnesium: 5.75mg (1.44%), Vitamin C: 1.02mg (1.23%), Potassium: 40.52mg (1.16%), Iron: 0.19mg (1.06%)