



Onion Herb Bread

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



107 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 tablespoon butter
- 0.5 teaspoon optional: dill
- 1 teaspoon rosemary dried crushed
- 2.3 cups flour all-purpose divided
- 0.5 teaspoon garlic powder
- 0.5 cup milk (110° to 115°)
- 0.3 cup onion finely chopped

- 0.5 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup water (110° to 115°)

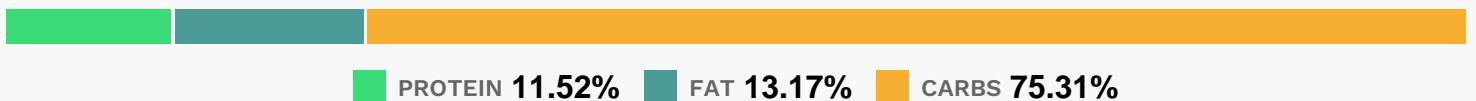
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan

Directions

- In a large bowl, dissolve yeast in water.
- Add the milk, butter, sugar, rosemary, salt, dill, garlic powder, onion and 1 cup of flour. Beat until smooth.
- Add the remaining flour and stir for about 1 minute.
- Transfer to a greased bowl. Cover and let rise in a warm place until doubled, about 30 minutes.
- Stir the batter down, about 25 strokes.
- Spread into a greased 8-in. x 4-in. loaf pan. Cover and let rise until almost doubled, about 15 minutes.
- Bake at 375° for 40–45 minutes.
- Remove from pan to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:13.89, Inflammation Score:-2, Nutrition Score:4.3026087154513%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 107.32kcal (5.37%), Fat: 1.55g (2.39%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.14g (6.96%), Sugar: 1.7g (1.88%), Cholesterol: 3.73mg (1.24%), Sodium: 109.75mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin B1: 0.26mg (17.12%), Folate: 57.47µg (14.37%), Selenium: 8.25µg (11.79%), Vitamin B2: 0.16mg (9.13%), Manganese: 0.17mg (8.41%), Vitamin B3: 1.64mg (8.19%), Iron: 1.12mg (6.21%), Phosphorus: 41.12mg (4.11%), Fiber: 0.86g (3.45%), Vitamin B5: 0.23mg (2.27%), Copper: 0.04mg (2.01%), Magnesium: 7.27mg (1.82%), Calcium: 17.82mg (1.78%), Zinc: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.58%), Potassium: 52.76mg (1.51%)