



Fruit Bread III

READY IN



45 min.

SERVINGS



24

CALORIES



133 kcal

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 0.3 cup almonds sliced
- ☐ 4 cups bread flour
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon lemon zest
- ☐ 6 tablespoons butter
- ☐ 0.3 cup milk
- ☐ 1 tablespoon orange zest

- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

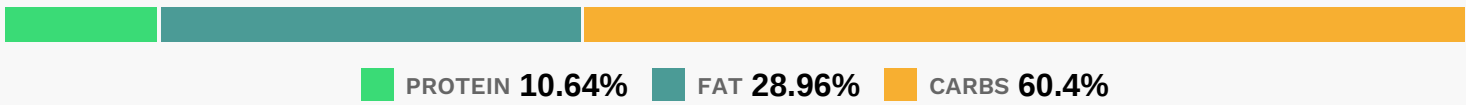
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place water, milk, butter or margarine, eggs, white sugar, salt, cinnamon, nutmeg, flour, and yeast into the pan of the bread machine. Select Sweet Bread setting, and Start.
- ☐ When indicated by the machine, after the first rise, add lemon and orange zest, raisins, and almonds to the dough.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:12.65, Inflammation Score:-2, Nutrition Score:3.1669565063456%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.33kcal (6.67%), Fat: 4.31g (6.63%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.27g (7.01%), Sugar: 3.09g (3.43%), Cholesterol: 14.05mg (4.68%), Sodium: 89.29mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Selenium: 9.57µg (13.68%), Manganese: 0.21mg (10.49%), Folate: 16.96µg (4.24%), Phosphorus: 41.57mg (4.16%), Vitamin B1: 0.06mg (4.1%), Vitamin B2: 0.07mg (3.96%), Fiber: 0.96g (3.85%), Vitamin E: 0.56mg (3.74%), Copper: 0.06mg (3.13%), Vitamin A: 152.23IU (3.04%), Magnesium: 10.57mg (2.64%), Vitamin B5: 0.22mg (2.16%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.31mg (2.07%), Iron:

0.37mg (2.05%), Potassium: 62.77mg (1.79%), Calcium: 15.82mg (1.58%), Vitamin B6: 0.03mg (1.38%)