



## Garlic Herb Bubble Loaf

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup water (70° to 80°)
- 0.5 cup cream sour
- 2 tablespoons butter softened
- 3 tablespoons sugar
- 1.5 teaspoons salt
- 3 cups bread flour
- 2.3 teaspoons yeast dry
- 0.3 cup butter melted

- 4 garlic clove minced
- 0.3 teaspoon oregano dried crushed

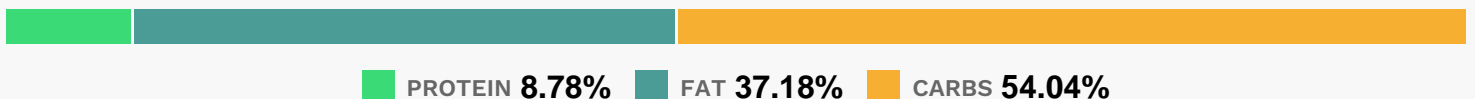
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- aluminum foil
- bread machine

## Directions

- In bread machine pan, place the first 7 ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1-2 tablespoons of water or flour if needed).
- When cycle is completed, turn dough onto a lightly floured surface. Cover and let rest for 15 minutes. Divide dough into 36 pieces. Shape each piece into a ball. In a shallow bowl, combine butter, garlic and herbs. Dip each ball in mixture; place in an ungreased 9x5-in. loaf pan. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 375&deg; for 35-40 minutes or until golden brown (cover loosely with foil if bread browns too quickly).
- Remove from pan to a wire rack.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.12, Glycemic Load:11.25, Inflammation Score:-2, Nutrition Score:2.5021739187448%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 131.65kcal (6.58%), Fat: 5.44g (8.38%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 17.17g (6.24%), Sugar: 2.29g (2.54%), Cholesterol: 13.89mg (4.63%), Sodium: 227.13mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Selenium: 8.69µg (12.42%), Manganese: 0.18mg (9%), Vitamin B1: 0.06mg (4.16%), Folate: 16.59µg (4.15%), Vitamin A: 158.41IU (3.17%), Phosphorus: 29.73mg (2.97%), Fiber: 0.63g (2.52%), Vitamin B2: 0.04mg (2.45%), Copper: 0.04mg (2.21%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.17mg (1.75%), Magnesium: 6.46mg (1.62%), Zinc: 0.24mg (1.62%), Vitamin E: 0.22mg (1.48%), Calcium: 12.81mg (1.28%), Iron: 0.23mg (1.25%), Vitamin B6: 0.02mg (1.24%), Potassium: 36.77mg (1.05%)