

# Golden Egg Bread

 Vegetarian  Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



280 kcal

## Ingredients

- 0.8 cup water (70° to 80°)
- 3 tablespoons sugar
- 3 tablespoons canola oil
- 2 eggs
- 1.5 teaspoons salt
- 3.5 cups bread flour
- 2.3 teaspoons yeast dry

## Equipment

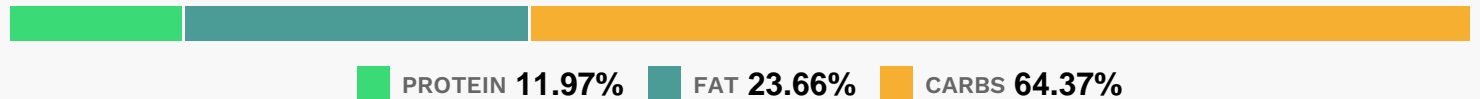
- oven

bread machine

## Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

## Nutrition Facts



## Properties

Glycemic Index:17.14, Glycemic Load:28.84, Inflammation Score:-2, Nutrition Score:6.545652218487%

## Nutrients (% of daily need)

Calories: 279.73kcal (13.99%), Fat: 7.28g (11.21%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 43.04g (15.65%), Sugar: 4.7g (5.22%), Cholesterol: 40.92mg (13.64%), Sodium: 454.34mg (19.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Selenium: 25.19µg (35.98%), Manganese: 0.44mg (22.01%), Folate: 43.69µg (10.92%), Vitamin B1: 0.14mg (9.63%), Vitamin E: 1.25mg (8.35%), Phosphorus: 80.4mg (8.04%), Vitamin B2: 0.12mg (7%), Fiber: 1.55g (6.19%), Copper: 0.12mg (5.77%), Vitamin B5: 0.53mg (5.26%), Vitamin B3: 0.91mg (4.53%), Zinc: 0.68mg (4.53%), Iron: 0.71mg (3.94%), Magnesium: 15.7mg (3.92%), Vitamin K: 3.94µg (3.76%), Vitamin B6: 0.05mg (2.6%), Potassium: 78.4mg (2.24%), Vitamin B12: 0.1µg (1.64%), Calcium: 15.61mg (1.56%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.49IU (1.21%)