



Golden Sultana Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



28 kcal

Ingredients

- 1 tablespoon active yeast dry
- 1 tablespoon bread flour
- 0.5 cup golden raisins
- 1.5 tablespoons golden syrup
- 1 teaspoon ground cinnamon
- 2 tablespoons powdered milk instant
- 1.5 teaspoons salt
- 2 tablespoons vegetable oil
- 1.3 cups warm water (110 degrees F/45 degrees C)

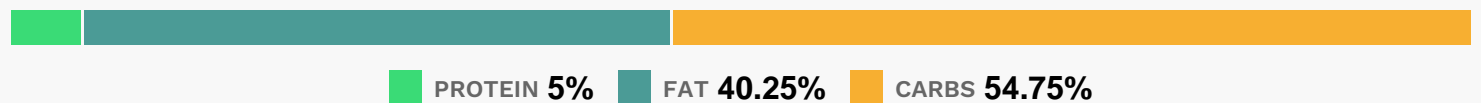
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Select the setting suitable for standard, soft, white bread. Start.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:2.23, Inflammation Score:-1, Nutrition Score:0.72086956805509%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 28.44kcal (1.42%), Fat: 1.33g (2.05%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.12g (3.47%), Cholesterol: 0.61mg (0.2%), Sodium: 148.74mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin K: 2.23µg (2.12%), Manganese: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.37%), Vitamin B2: 0.02mg (1.19%), Folate: 4.32µg (1.08%)