



## Grampy's Special Bread

READY IN



45 min.

SERVINGS



36

CALORIES



52 kcal

### Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 cup rice cereal crispy
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons butter
- ☐ 1.3 teaspoons salt
- ☐ 1.3 cups skim milk

### Equipment

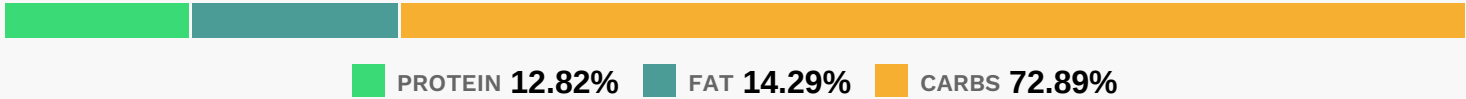
- ☐ frying pan

☐ bread machine

## Directions

☐ Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select the Basic/White Bread setting, and Start.

## Nutrition Facts



## Properties

Glycemic Index:4.24, Glycemic Load:5.53, Inflammation Score:-1, Nutrition Score:1.3756521982343%

## Nutrients (% of daily need)

Calories: 52.26kcal (2.61%), Fat: 0.83g (1.27%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.42g (1.58%), Cholesterol: 0.26mg (0.09%), Sodium: 91.95mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Selenium: 4.39µg (6.26%), Manganese: 0.08mg (4.23%), Vitamin B1: 0.04mg (2.47%), Folate: 9.04µg (2.26%), Phosphorus: 21.3mg (2.13%), Vitamin B2: 0.03mg (1.61%), Calcium: 13.25mg (1.33%), Fiber: 0.31g (1.25%), Copper: 0.02mg (1.09%), Vitamin B3: 0.21mg (1.07%), Vitamin B5: 0.1mg (1.04%), Zinc: 0.15mg (1.01%)