



Hawaiian Bread

READY IN



45 min.

SERVINGS



12

CALORIES



194 kcal

BREAD

Ingredients

- 0.3 cup butter melted
- 2.3 teaspoons yeast dry
- 0.5 cup egg substitute
- 2 tablespoons flour all-purpose
- 3 cups flour all-purpose divided
- 0.5 cup warm milk 2% reduced-fat (100° to 110°)
- 6 ounce pineapple juice canned
- 0.5 teaspoon salt
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- microwave
- measuring cup

Directions

- Place pineapple juice in a medium microwave-safe bowl. Microwave at high 45 seconds or until 100 to 11
- Dissolve yeast in warm pineapple juice; let stand 5 minutes.
- Place yeast mixture in the bowl of a stand-up mixer fitted with a paddle attachment. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 1 cup flour to yeast mixture; beat until combined.
- Add warm milk, egg substitute, sugar, butter, and salt, beating to combine.
- Add 2 cups flour, 1/2 cup at a time, until combined (dough will be very soft and sticky). Beat at medium-low speed 2 minutes. Scrape down sides of bowl. Lightly coat sides of bowl with cooking spray.
- Cover bowl with a damp towel.
- Let dough rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Preheat oven to 35
- Coat 2 (8-inch) round pans with cooking spray; dust each pan with 1 tablespoon flour. Divide dough evenly between prepared pans. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- Bake at 350 for 30 minutes or until golden brown.

Nutrition Facts



■ PROTEIN 10.38% ■ FAT 20.56% ■ CARBS 69.06%

Properties

Glycemic Index:22.51, Glycemic Load:21.82, Inflammation Score:-4, Nutrition Score:6.6747826311899%

Nutrients (% of daily need)

Calories: 193.71kcal (9.69%), Fat: 4.43g (6.81%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 32.24g (11.72%), Sugar: 8.35g (9.28%), Cholesterol: 10.95mg (3.65%), Sodium: 152.97mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin B1: 0.35mg (23.32%), Selenium: 15.58µg (22.25%), Folate: 76.07µg (19.02%), Vitamin B2: 0.25mg (14.49%), Manganese: 0.23mg (11.3%), Vitamin B3: 2.22mg (11.09%), Iron: 1.76mg (9.8%), Phosphorus: 57.19mg (5.72%), Fiber: 1.22g (4.87%), Vitamin B5: 0.43mg (4.27%), Copper: 0.07mg (3.39%), Vitamin A: 157.8IU (3.16%), Magnesium: 12.27mg (3.07%), Zinc: 0.44mg (2.92%), Calcium: 27.67mg (2.77%), Potassium: 94.26mg (2.69%), Vitamin B6: 0.05mg (2.54%), Vitamin E: 0.29mg (1.96%), Vitamin C: 1.4mg (1.7%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.16µg (1.07%)