

Herb Bread

READY IN



45 min.

SERVINGS



36

CALORIES



51 kcal

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 3 cups bread flour
- ☐ 2 teaspoons celery seed
- ☐ 1 teaspoon parsley dried
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons butter
- ☐ 0.8 cup milk
- ☐ 1 teaspoon rubbed sage
- ☐ 1.5 teaspoons salt

- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

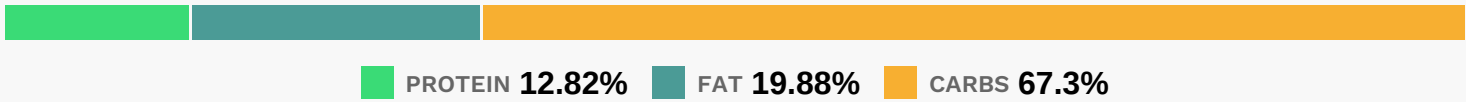
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select Start.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:5.46, Inflammation Score:-1, Nutrition Score:1.283478245706%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.44kcal (2.57%), Fat: 1.13g (1.73%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 8.28g (3.01%), Sugar: 0.96g (1.06%), Cholesterol: 5.16mg (1.72%), Sodium: 108.43mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Selenium: 4.63µg (6.62%), Manganese: 0.09mg (4.66%), Phosphorus: 19.07mg (1.91%), Folate: 6.09µg (1.52%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.36%), Fiber: 0.29g (1.18%), Copper: 0.02mg (1.13%), Calcium: 10.97mg (1.1%)