



Herbed Onion Bread

 Vegetarian

READY IN



185 min.

SERVINGS



16

CALORIES



110 kcal

Ingredients

- 1.5 teaspoons yeast dry
- 3 cups bread flour
- 2 tablespoons butter softened
- 1.5 teaspoons optional: dill
- 2 teaspoons dehydrated onion dried minced
- 2 tablespoons skim milk powder dry
- 1 teaspoon poppy seeds
- 1.3 teaspoons salt
- 2 tablespoons sugar

1 cup water (70° to 80°)

Equipment

oven

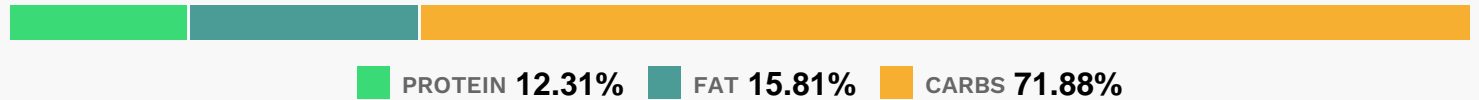
bread machine

Directions

In bread machine pan, place all ingredients in order suggest 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:12.94, Glycemic Load:12.06, Inflammation Score:-1, Nutrition Score:2.7260870007069%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 1.92g (2.96%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 18.93g (6.89%), Sugar: 2.29g (2.55%), Cholesterol: 3.95mg (1.32%), Sodium: 199.5mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Selenium: 9.67µg (13.81%), Manganese: 0.21mg (10.43%), Folate: 16.27µg (4.07%), Vitamin B1: 0.06mg (3.97%), Phosphorus: 37.59mg (3.76%), Fiber: 0.73g (2.94%), Copper: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.47%), Magnesium: 8.46mg (2.11%), Calcium: 20.71mg (2.07%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.37mg (1.85%), Potassium: 54.9mg (1.57%), Iron: 0.25mg (1.4%), Vitamin B6: 0.03mg (1.34%), Vitamin A: 65.46IU (1.31%)