

Jalapeno Bread I

 Vegetarian

READY IN



185 min.

SERVINGS



36

CALORIES



47 kcal

Ingredients

- ☐ 0.5 tablespoon active yeast dry
- ☐ 3 cups bread flour
- ☐ 6 tablespoons jalapeño peppers fresh chopped
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 teaspoon salt
- ☐ 1 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

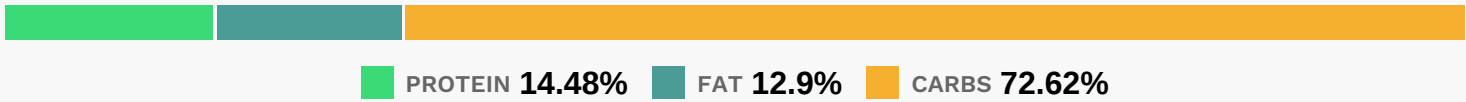
Equipment

- ☐ bread machine

Directions

- ☐ Add ingredients according to the bread machine manufacturer's directions.
- ☐ Set your machine on regular basic bread.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:1.3443478227633%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 46.93kcal (2.35%), Fat: 0.66g (1.02%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.81g (0.9%), Cholesterol: 1.4mg (0.47%), Sodium: 74.66mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Selenium: 4.38µg (6.26%), Manganese: 0.09mg (4.27%), Vitamin C: 2.97mg (3.59%), Phosphorus: 18.08mg (1.81%), Folate: 5.7µg (1.42%), Calcium: 13.83mg (1.38%), Fiber: 0.33g (1.34%), Copper: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.05%)