



Jo's Rosemary Bread

 Vegetarian Vegan Dairy Free Popular

READY IN



180 min.

SERVINGS



36

CALORIES



43 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 2.5 cups bread flour
- ☐ 1 tablespoon rosemary dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons salt
- ☐ 1 cup water
- ☐ 1.5 teaspoons sugar white

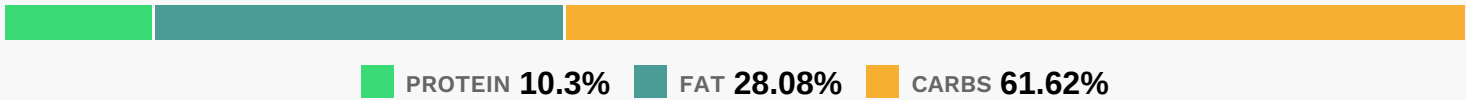
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select white bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:4.21, Inflammation Score:-1, Nutrition Score:0.92869564826074%

Nutrients (% of daily need)

Calories: 42.97kcal (2.15%), Fat: 1.33g (2.05%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.29g (2.29%), Sugar: 0.19g (0.22%), Cholesterol: 0mg (0%), Sodium: 97.52mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Selenium: 3.46µg (4.95%), Manganese: 0.07mg (3.65%), Folate: 6.1µg (1.53%), Vitamin B1: 0.02mg (1.44%), Vitamin E: 0.21mg (1.37%), Fiber: 0.28g (1.11%)