



Lisa's Sunflower Bread

READY IN



190 min.

SERVINGS



24

CALORIES



89 kcal

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 3 cups bread flour
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1.3 cups warm skim milk
- ☐ 0.3 cup sunflower seeds
- ☐ 0.5 cup wheat bran
- ☐ 1 teaspoon sugar white

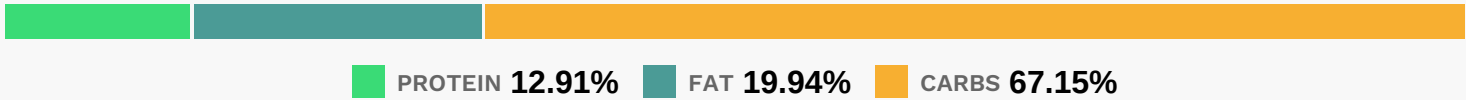
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

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

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:3.8130434663237%

Nutrients (% of daily need)

Calories: 88.75kcal (4.44%), Fat: 2g (3.08%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14.09g (5.12%), Sugar: 2.77g (3.08%), Cholesterol: 0.38mg (0.13%), Sodium: 17.77mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Manganese: 0.33mg (16.47%), Selenium: 8.61µg (12.29%), Magnesium: 23.6mg (5.9%), Vitamin B1: 0.08mg (5.35%), Phosphorus: 53.15mg (5.32%), Fiber: 1.09g (4.37%), Folate: 16.46µg (4.11%), Vitamin E: 0.61mg (4.05%), Copper: 0.08mg (3.97%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.96%), Potassium: 100.01mg (2.86%), Calcium: 26.72mg (2.67%), Iron: 0.47mg (2.59%), Zinc: 0.38mg (2.52%), Vitamin B5: 0.22mg (2.17%), Vitamin A: 68.88IU (1.38%), Vitamin B12: 0.08µg (1.26%)