



Old Fashion Molasses Bread

 Vegetarian

READY IN



200 min.

SERVINGS



24

CALORIES



101 kcal

Ingredients

- 1 tablespoon active yeast dry
- 4 cups bread flour
- 2 tablespoons butter
- 2 tablespoons milk powder dry
- 0.3 cup blackstrap molasses
- 2 teaspoons salt
- 1.6 cups water

Equipment

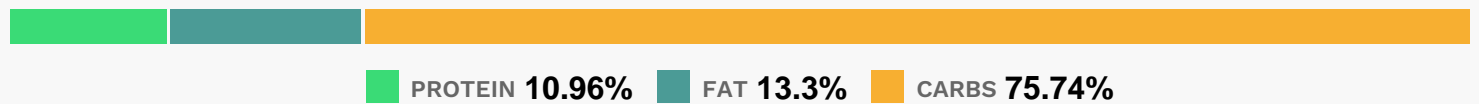
- oven

- loaf pan
- bread machine

Directions

- Place ingredients in the bread machine pan in the order suggested by the manufacturer. Select Dough or White Bread setting, and then Start.
- If the dough does not form a ball on the paddle, add 1 tablespoon of flour at a time until the ball forms. Allow machine to complete selected cycle.
- To bake conventionally, remove the dough from the bread machine pan after the Dough cycle has completed. Shape into a loaf, and place in a greased 9 x 5 inch loaf pan.
- Let rise until doubled.
- Bake at 350 degrees F (175 degrees C) for about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:11.44, Inflammation Score:-1, Nutrition Score:2.6582608679714%

Nutrients (% of daily need)

Calories: 100.79kcal (5.04%), Fat: 1.48g (2.27%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 18.37g (6.68%), Sugar: 3.8g (4.22%), Cholesterol: 3.11mg (1.04%), Sodium: 206.64mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Selenium: 9.23µg (13.19%), Manganese: 0.24mg (11.89%), Magnesium: 17.35mg (4.34%), Copper: 0.06mg (3.23%), Potassium: 99.39mg (2.84%), Phosphorus: 27.85mg (2.79%), Folate: 11.04µg (2.76%), Vitamin B1: 0.04mg (2.58%), Iron: 0.42mg (2.32%), Fiber: 0.54g (2.18%), Vitamin B6: 0.04mg (2.17%), Calcium: 19.35mg (1.94%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.32mg (1.62%), Vitamin B2: 0.03mg (1.6%), Zinc: 0.23mg (1.52%)