

## Orange Bread

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

### Ingredients

- 0.3 ounce active yeast dry
- 3.5 cups bread flour
- 1 eggs
- 1 tablespoon butter
- 1 cup orange juice
- 2 tablespoons orange zest
- 1 teaspoon salt
- 0.3 cup water hot
- 0.3 cup sugar white

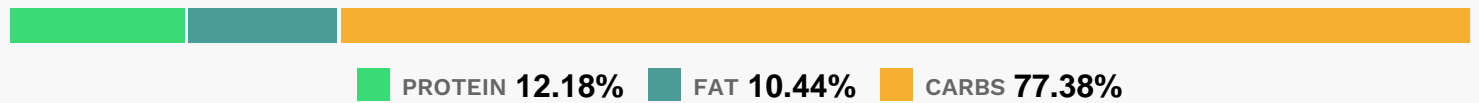
## Equipment

- frying pan
- bread machine

## Directions

- Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select the White Bread or Basic cycle, and Start.

## Nutrition Facts



## Properties

Glycemic Index:7.88, Glycemic Load:10.57, Inflammation Score:-1, Nutrition Score:2.426956537949%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 86.74kcal (4.34%), Fat: 1g (1.53%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.05g (5.83%), Sugar: 3.01g (3.34%), Cholesterol: 6.82mg (2.27%), Sodium: 105.78mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Selenium: 7.85µg (11.22%), Manganese: 0.15mg (7.38%), Vitamin C: 5.85mg (7.09%), Folate: 17.04µg (4.26%), Vitamin B1: 0.06mg (3.85%), Phosphorus: 25.19mg (2.52%), Fiber: 0.59g (2.36%), Vitamin B2: 0.04mg (2.08%), Copper: 0.04mg (2.07%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.17mg (1.7%), Magnesium: 6.23mg (1.56%), Zinc: 0.21mg (1.39%), Potassium: 45.61mg (1.3%), Iron: 0.23mg (1.27%), Vitamin A: 53.9IU (1.08%)