



## Panda Bread

 Popular

READY IN



210 min.

SERVINGS



4

CALORIES



374 kcal

## Ingredients

- ☐ 230 g bread flour
- ☐ 70 g cake flour
- ☐ 8 g cocoa powder dissolved in 8g boiling water
- ☐ 210 g egg yolk (i.e. use 1 egg plus enough rice milk to make up to 210 g)
- ☐ 8 g tea powder green dissolved in 10g boiling water
- ☐ 3 drops colouring red
- ☐ 7 g yeast instant
- ☐ 4.5 g salt
- ☐ 30 g caster sugar

☐ 18 g butter    unsalted softened at room temperature

## Equipment

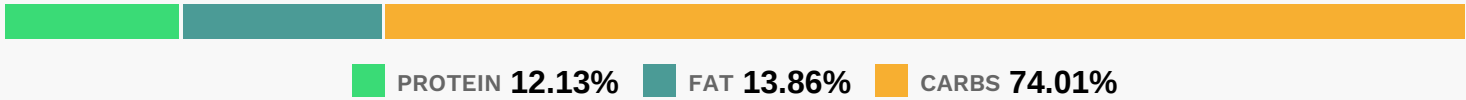
☐ bowl

☐ microwave

## Directions

☐ In a microwave–safe bowl, lightly beat together the yolk and milk. Microwave for 30 sec.

## Nutrition Facts



## Properties

Glycemic Index:70.77, Glycemic Load:44.8, Inflammation Score:–4, Nutrition Score:8.78304353656%

## Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 374.39kcal (18.72%), Fat: 5.76g (8.86%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 69.22g (23.07%), Net Carbohydrates: 66.21g (24.08%), Sugar: 10.16g (11.29%), Cholesterol: 9.68mg (3.22%), Sodium: 459.36mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.6mg (1.53%), Protein: 11.34g (22.69%), Selenium: 30.29µg (43.27%), Manganese: 0.68mg (33.89%), Vitamin B1: 0.25mg (16.95%), Folate: 66.47µg (16.62%), Fiber: 3.01g (12.04%), Copper: 0.22mg (11.08%), Phosphorus: 99.66mg (9.97%), Iron: 1.36mg (7.55%), Vitamin B3: 1.5mg (7.49%), Magnesium: 29.78mg (7.44%), Vitamin B2: 0.12mg (7.22%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.57mg (5.75%), Vitamin A: 213.96IU (4.28%), Potassium: 123.43mg (3.53%), Vitamin B6: 0.06mg (2.82%), Vitamin E: 0.41mg (2.71%), Calcium: 21.01mg (2.1%)