

Paprika Onion Bread

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



101 kcal

Ingredients

- 0.3 ounce yeast dry
- 3 cups bread flour
- 2 tablespoons butter softened
- 0.3 cup onion finely chopped
- 1 teaspoon paprika
- 1.5 teaspoons salt
- 1 teaspoon sugar
- 1 cup water (70° to 80°)

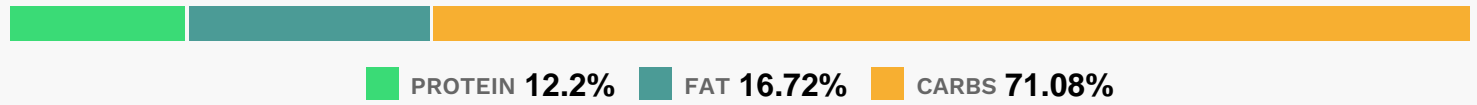
Equipment

- oven
- bread machine

Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons water or flour if needed).

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:11.26, Inflammation Score:-1, Nutrition Score:2.5247825936455%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 101.24kcal (5.06%), Fat: 1.86g (2.87%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 17.03g (6.19%), Sugar: 0.48g (0.53%), Cholesterol: 3.76mg (1.25%), Sodium: 230.92mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Selenium: 9.38µg (13.41%), Manganese: 0.19mg (9.69%), Folate: 18.85µg (4.71%), Vitamin B1: 0.07mg (4.63%), Fiber: 0.78g (3.13%), Phosphorus: 27.34mg (2.73%), Copper: 0.05mg (2.47%), Vitamin B3: 0.43mg (2.15%), Vitamin A: 105.84IU (2.12%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.17mg (1.72%), Magnesium: 6.84mg (1.71%), Zinc: 0.25mg (1.66%), Iron: 0.26mg (1.42%), Vitamin E: 0.17mg (1.14%), Vitamin B6: 0.02mg (1.1%), Potassium: 35.85mg (1.02%)