



Peanut Butter Bread I



Vegetarian



Vegan



Dairy Free

READY IN



185 min.

SERVINGS



24

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3.5 teaspoons active yeast dry
- ☐ 5 tablespoons brown sugar
- ☐ 4 cups flour all-purpose
- ☐ 0.7 cup peanut butter
- ☐ 2 teaspoons salt
- ☐ 1.5 cups water

Equipment

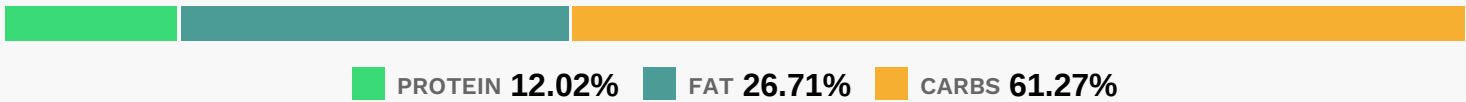
- ☐ oven

☐ bread machine

Directions

- ☐ Place ingredients in the bread machine pan in the order suggested by the manufacturer.
- ☐ This Bread can be made with the White, Rapid, or Delay bake cycles. Select one, and Start.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:4.7447826043581%

Nutrients (% of daily need)

Calories: 129.59kcal (6.48%), Fat: 3.9g (6%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 19.11g (6.95%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 226.62mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin B1: 0.22mg (14.89%), Folate: 54.93µg (13.73%), Manganese: 0.25mg (12.53%), Vitamin B3: 2.37mg (11.84%), Selenium: 7.42µg (10.6%), Vitamin B2: 0.13mg (7.93%), Iron: 1.12mg (6.22%), Phosphorus: 49.78mg (4.98%), Vitamin E: 0.67mg (4.44%), Magnesium: 17.32mg (4.33%), Fiber: 1.03g (4.11%), Copper: 0.07mg (3.29%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.23mg (2.32%), Potassium: 70.41mg (2.01%)