



Persimmon Raisin Yeast Bread

 Vegetarian

READY IN



8 min.

SERVINGS



24

CALORIES



75 kcal

BREAD

Ingredients

- 2.5 teaspoons active yeast dry
- 2 cups bread flour
- 2 tablespoons butter
- 1 teaspoon ground cinnamon
- 0.3 cup raisins
- 1.5 teaspoons salt
- 0.5 cup persimmon pulp very ripe
- 9 tablespoons water

- 2 tablespoons wheat germ
- 1.5 teaspoons sugar white
- 1 cup flour whole wheat

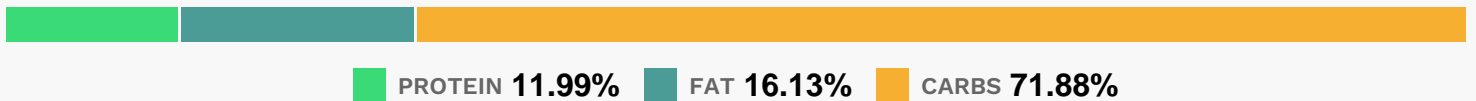
Equipment

- baking pan
- bread machine

Directions

- Place all ingredients except raisins in your bread machine's baking pan in the order recommended by the manufacturer. Use the basic or white cycle. You may need to add an extra tablespoon of water during kneading
- If your machine has a Fruit setting, add the raisins at the signal, or about 5 minutes before the kneading cycle has finished.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:3.0500000025267%

Nutrients (% of daily need)

Calories: 74.76kcal (3.74%), Fat: 1.37g (2.11%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.63g (4.59%), Sugar: 0.3g (0.34%), Cholesterol: 2.51mg (0.84%), Sodium: 154.46mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.38mg (18.92%), Selenium: 7.91µg (11.3%), Vitamin B1: 0.08mg (5.37%), Fiber: 1.11g (4.46%), Folate: 15.27µg (3.82%), Phosphorus: 37.25mg (3.72%), Magnesium: 12.12mg (3.03%), Copper: 0.06mg (2.85%), Vitamin B3: 0.54mg (2.7%), Iron: 0.4mg (2.24%), Zinc: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.09%), Vitamin B2: 0.03mg (2.02%), Potassium: 58.45mg (1.67%), Vitamin B5: 0.13mg (1.35%)