

Poppy Seed Egg Bread

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



131 kcal

Ingredients

- 1.8 teaspoons yeast dry
- 3 cups bread flour
- 0.3 cup butter softened
- 1 egg yolk
- 2 eggs
- 1 tablespoon poppy seeds
- 1.5 teaspoons salt
- 2 tablespoons sugar
- 0.8 cup water (70° to 80°)

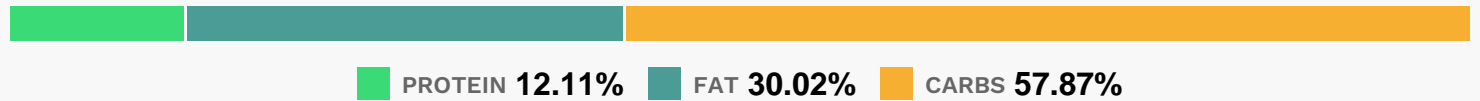
Equipment

- 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 of water or flour if needed).

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:12.06, Inflammation Score:-2, Nutrition Score:3.2652173655351%

Nutrients (% of daily need)

Calories: 131.36kcal (6.57%), Fat: 4.35g (6.69%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.11g (6.59%), Sugar: 1.62g (1.79%), Cholesterol: 40.24mg (13.41%), Sodium: 250.53mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Selenium: 11.77µg (16.82%), Manganese: 0.23mg (11.36%), Folate: 20.49µg (5.12%), Phosphorus: 45.92mg (4.59%), Vitamin B1: 0.07mg (4.36%), Vitamin B2: 0.06mg (3.58%), Fiber: 0.76g (3.05%), Copper: 0.06mg (3.01%), Vitamin B5: 0.27mg (2.72%), Vitamin A: 135.03IU (2.7%), Zinc: 0.37mg (2.48%), Iron: 0.4mg (2.24%), Magnesium: 8.9mg (2.22%), Vitamin B3: 0.38mg (1.91%), Vitamin E: 0.27mg (1.82%), Calcium: 17.57mg (1.76%), Vitamin B6: 0.03mg (1.43%), Vitamin B12: 0.08µg (1.29%), Potassium: 40.47mg (1.16%), Vitamin D: 0.17µg (1.14%)