



Poppy Seed Onion Bread

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



113 kcal

Ingredients

- 3 teaspoons yeast dry
- 3 cups bread flour
- 2 tablespoons brown sugar
- 2 tablespoons butter softened
- 0.3 cup dehydrated onion dried minced
- 2 tablespoons skim milk powder dry
- 0.5 teaspoon onion powder
- 0.5 teaspoon pepper
- 1 teaspoon poppy seeds

- 1.5 teaspoons salt
- 1.3 cups water (70° to 80°)

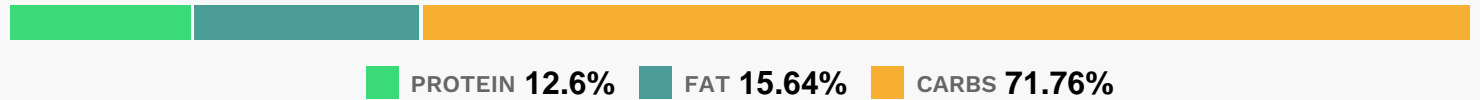
Equipment

- 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:9.63, Glycemic Load:11.02, Inflammation Score:-2, Nutrition Score:3.1430434869683%

Nutrients (% of daily need)

Calories: 112.55kcal (5.63%), Fat: 1.94g (2.99%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 19.21g (6.98%), Sugar: 2.35g (2.62%), Cholesterol: 3.95mg (1.32%), Sodium: 236.68mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Selenium: 9.72µg (13.89%), Manganese: 0.22mg (11.13%), Vitamin B1: 0.09mg (6.21%), Folate: 23.58µg (5.89%), Phosphorus: 40.59mg (4.06%), Fiber: 0.86g (3.45%), Vitamin B2: 0.05mg (3.16%), Copper: 0.06mg (2.87%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.23mg (2.33%), Calcium: 23.32mg (2.33%), Magnesium: 9.2mg (2.3%), Zinc: 0.32mg (2.15%), Potassium: 65.24mg (1.86%), Vitamin B6: 0.04mg (1.83%), Iron: 0.28mg (1.55%), Vitamin A: 65.13IU (1.3%)