

# Poppy Seed Yeast Bread

 Vegetarian

READY IN



185 min.

SERVINGS



16

CALORIES



131 kcal

## Ingredients

- 2 teaspoons yeast dry
- 1 teaspoon almond extract
- 3 cups bread flour
- 1 teaspoon butter
- 2 tablespoons poppy seeds
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

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 of water or flour if needed).

## Nutrition Facts



**PROTEIN 9.77%** **FAT 31.56%** **CARBS 58.67%**

## Properties

Glycemic Index:12.01, Glycemic Load:12.06, Inflammation Score:-1, Nutrition Score:3.0947825784754%

## Nutrients (% of daily need)

Calories: 131.35kcal (6.57%), Fat: 4.55g (7%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.15g (6.6%), Sugar: 1.67g (1.85%), Cholesterol: 0.67mg (0.22%), Sodium: 149.11mg (6.48%), Alcohol: 0.17g (100%), Alcohol %: 0.48% (100%), Protein: 3.17g (6.34%), Selenium: 9.5µg (13.57%), Manganese: 0.26mg (13.19%), Vitamin K: 6.36µg (6.06%), Vitamin B1: 0.07mg (4.75%), Folate: 17.77µg (4.44%), Fiber: 0.89g (3.55%), Phosphorus: 35.1mg (3.51%), Copper: 0.07mg (3.28%), Vitamin E: 0.4mg (2.66%), Magnesium: 10.19mg (2.55%), Zinc: 0.32mg (2.15%), Calcium: 20.49mg (2.05%), Vitamin B3: 0.4mg (2.02%), Vitamin B2: 0.03mg (1.86%), Iron: 0.33mg (1.85%), Vitamin B5: 0.16mg (1.59%), Potassium: 36.12mg (1.03%)