



Portuguese Sweet Bread I

 Popular

READY IN

ready

185 min.

SERVINGS

servings

36

CALORIES

calories

57 kcal

Ingredients

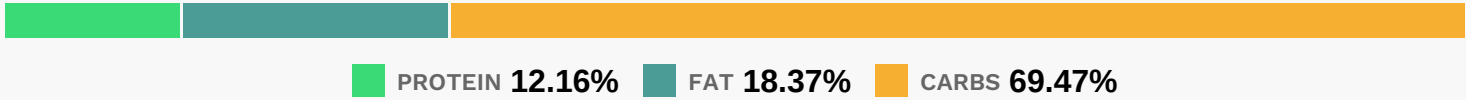
- ☐ 2.5 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 1 eggs
- ☐ 2 tablespoons butter
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar white

Equipment

Directions

- ☐ Add ingredients in order suggested by your manufacturer.
- ☐ Select "sweet bread" setting.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:6.31, Inflammation Score:-1, Nutrition Score:1.38999999981665%

Nutrients (% of daily need)

Calories: 56.84kcal (2.84%), Fat: 1.15g (1.78%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.51g (3.46%), Sugar: 2.21g (2.46%), Cholesterol: 5.36mg (1.79%), Sodium: 60.43mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Selenium: 4.67µg (6.67%), Manganese: 0.08mg (4.2%), Vitamin B1: 0.04mg (2.43%), Folate: 9.08µg (2.27%), Phosphorus: 20.92mg (2.09%), Vitamin B2: 0.03mg (1.79%), Fiber: 0.31g (1.23%), Vitamin B5: 0.12mg (1.19%), Calcium: 10.93mg (1.09%), Copper: 0.02mg (1.05%)