



## Portuguese Sweet Bread II

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

### Ingredients

- 2.5 teaspoons active yeast dry
- 3.3 cups bread flour
- 2 eggs
- 2 tablespoons juice of lemon
- 2 teaspoons butter
- 1 cup milk
- 0.8 teaspoon salt
- 0.3 cup sugar white

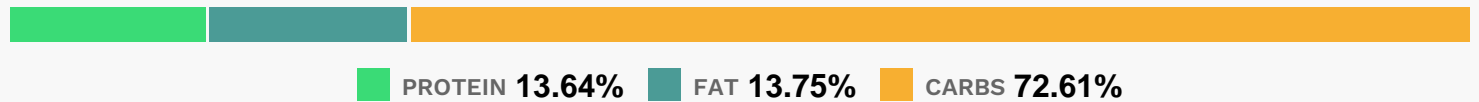
### Equipment

- oven
- loaf pan
- bread machine

## Directions

- Place ingredients in bread machine pan in the order suggested by the manufacturer. Select white bread setting. Start.
- To bake bread in oven: select Dough cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:10.07, Inflammation Score:-1, Nutrition Score:2.357391309479%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 1.33g (2.04%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 15.27g (5.55%), Sugar: 3.36g (3.73%), Cholesterol: 14.86mg (4.95%), Sodium: 86.21mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Selenium: 8.08µg (11.55%), Manganese: 0.14mg (6.85%), Folate: 15.15µg (3.79%), Vitamin B1: 0.06mg (3.78%), Phosphorus: 36.21mg (3.62%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.21mg (2.14%), Fiber: 0.5g (1.99%), Copper: 0.04mg (1.77%), Calcium: 17.47mg (1.75%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.31mg (1.57%), Magnesium: 6.16mg (1.54%), Vitamin B12: 0.09µg (1.47%), Iron: 0.23mg (1.26%), Vitamin D: 0.19µg (1.23%), Vitamin B6: 0.02mg (1.21%), Potassium: 41.86mg (1.2%), Vitamin A: 51.59IU (1.03%)