

# Taste of Home

## Potato Bread

 Vegetarian  Vegan  Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



54 kcal

## Ingredients

- 1.3 cups water (70° to 80°)
- 3 tablespoons vegetable oil
- 7.5 teaspoons sugar
- 1 teaspoon salt
- 2 tablespoons potatoes mashed
- 3 cups bread flour
- 1.5 teaspoons yeast dry

## Equipment

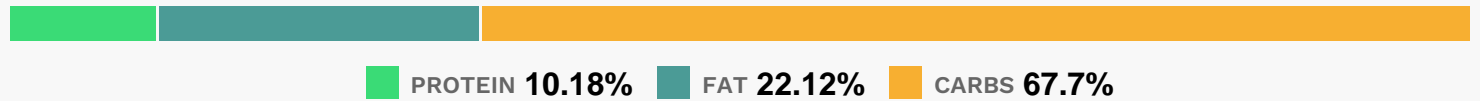
- oven

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:3.81, Glycemic Load:5.48, Inflammation Score:-1, Nutrition Score:1.2030434722648%

## Nutrients (% of daily need)

Calories: 54.16kcal (2.71%), Fat: 1.32g (2.03%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.77g (3.19%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 66.14mg (2.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Selenium: 4.26µg (6.09%), Manganese: 0.08mg (4.22%), Vitamin K: 2.19µg (2.08%), Vitamin B1: 0.03mg (2.05%), Folate: 6.85µg (1.71%), Fiber: 0.34g (1.36%), Phosphorus: 12.21mg (1.22%), Copper: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.04%)