

## Potato Bread IV

READY IN



45 min.

SERVINGS



36

CALORIES



49 kcal

### Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 1.5 tablespoons butter
- 0.5 cup potato flakes dry
- 1.5 tablespoons powdered milk instant
- 1.5 teaspoons salt
- 1.1 cups water
- 1.5 tablespoons sugar white

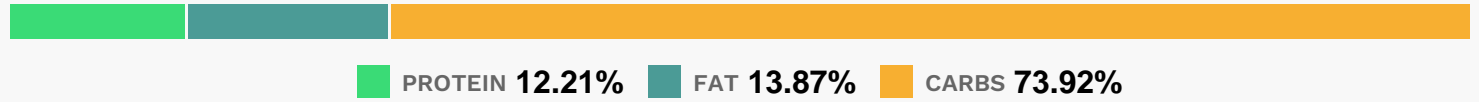
### Equipment

- frying pan
- bread machine

## Directions

- Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select the Basic or White Bread setting. Start.

## Nutrition Facts



## Properties

Glycemic Index:5.06, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:1.2399999868611%

## Nutrients (% of daily need)

Calories: 48.78kcal (2.44%), Fat: 0.74g (1.14%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.57g (3.12%), Sugar: 0.68g (0.75%), Cholesterol: 0.3mg (0.1%), Sodium: 105.09mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Selenium: 4.31µg (6.16%), Manganese: 0.08mg (4.24%), Vitamin B1: 0.04mg (2.43%), Folate: 7.99µg (2%), Phosphorus: 15.06mg (1.51%), Fiber: 0.35g (1.41%), Vitamin B3: 0.23mg (1.14%), Copper: 0.02mg (1.13%), Vitamin B2: 0.02mg (1.07%)