



Pseudo Sourdough for the Bread Machine

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.5 cup barley flour
- ☐ 2.5 cups bread flour
- ☐ 2 tablespoons potato flakes dry
- ☐ 1.1 teaspoons salt
- ☐ 0.8 cup heavy whipping cream sour room temperature
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup water
- ☐ 2 tablespoons sugar white

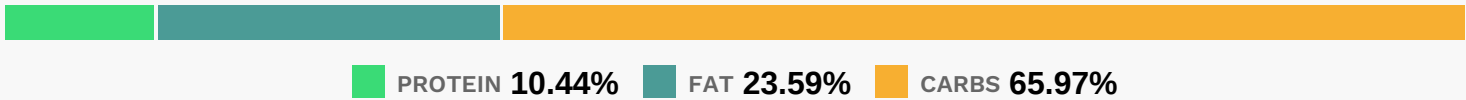
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Select White Bread setting, and Start.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:1.4543478249208%

Nutrients (% of daily need)

Calories: 57.15kcal (2.86%), Fat: 1.5g (2.31%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.93g (3.25%), Sugar: 0.9g (1%), Cholesterol: 2.83mg (0.94%), Sodium: 75.59mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Selenium: 4.52µg (6.46%), Manganese: 0.09mg (4.62%), Vitamin B1: 0.04mg (2.53%), Phosphorus: 20.25mg (2.03%), Fiber: 0.5g (2.02%), Folate: 6.73µg (1.68%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.32%), Magnesium: 5.29mg (1.32%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.02mg (1.07%)