



## Raisin-Cinnamon Bread with Stone-Ground Wheat Bread Dough

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



89 kcal

### Ingredients

- ☐ 0.3 wheat bread dough stone-ground
- ☐ 1 egg white lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon butter melted reduced-calorie
- ☐ 2 tablespoons raisins
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon water cold

### Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Roll Stone-Ground Wheat Bread Dough into a 6 1/2- x 5 1/2-inch rectangle.
- ☐ Brush dough with margarine, leaving a 1/2-inch border.
- ☐ Sprinkle with sugar, cinnamon, and raisins.
- ☐ Roll up, starting at short side, pressing firmly to eliminate air pockets. Pinch seam and ends to seal.
- ☐ Place, seam side down, on a baking sheet coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- ☐ Combine egg white and water, stirring well.
- ☐ Brush dough with egg white mixture.
- ☐ Bake at 350 for 20 to 25 minutes or until loaf sounds hollow when tapped.

## Nutrition Facts



## Properties

Glycemic Index:26.78, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:0.93347824850808%

## Nutrients (% of daily need)

Calories: 88.94kcal (4.45%), Fat: 1.11g (1.71%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.2g (5.89%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 122.38mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Manganese: 0.09mg (4.33%), Fiber: 1.06g (4.24%), Vitamin B2: 0.04mg (2.23%), Selenium: 1.26µg (1.8%), Potassium: 61.25mg (1.75%), Iron: 0.19mg (1.08%), Copper: 0.02mg (1.07%)