

# Taste of Home

## Ricotta Bread

 Vegetarian

READY IN



185 min.

SERVINGS



24

CALORIES



54 kcal

## Ingredients

- 3 tablespoons milk (70° to 80°)
- 0.7 cup ricotta cheese
- 4 teaspoons butter softened
- 1 eggs
- 2 tablespoons sugar
- 0.5 teaspoon salt
- 1.5 cups bread flour
- 1 teaspoon yeast dry

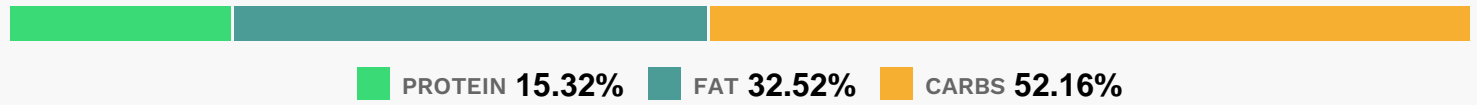
## Equipment

- 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:10.5, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:1.3291304318801%

## Nutrients (% of daily need)

Calories: 54.18kcal (2.71%), Fat: 1.95g (3%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.8g (2.47%), Sugar: 1.14g (1.26%), Cholesterol: 12.35mg (4.12%), Sodium: 63.14mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Selenium: 4.72µg (6.75%), Manganese: 0.06mg (3.17%), Phosphorus: 25.01mg (2.5%), Vitamin B2: 0.03mg (2.04%), Calcium: 19.04mg (1.9%), Folate: 7.32µg (1.83%), Vitamin B1: 0.02mg (1.55%), Vitamin A: 64.57IU (1.29%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.1mg (1.02%)