



Ron's Bread Machine White

 Vegetarian

READY IN



185 min.

SERVINGS



48

CALORIES



38 kcal

BREAD

Ingredients

- ☐ 1.3 teaspoons active yeast dry
- ☐ 1 cup bread flour
- ☐ 1 extra large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons milk powder dry
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

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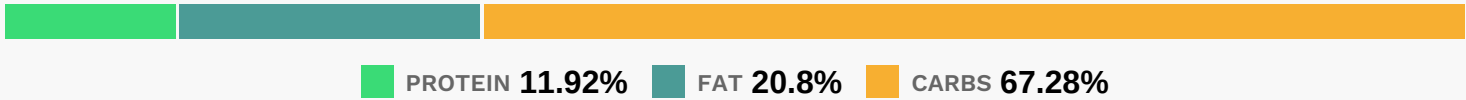
1 tablespoon sugar white

Equipment

Directions

- ☐ Place ingredients in order suggested by your manufacturer.
- ☐ Select basic bread setting, normal crust.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:1.2434782501634%

Nutrients (% of daily need)

Calories: 37.81kcal (1.89%), Fat: 0.86g (1.33%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 6.05g (2.2%), Sugar: 0.4g (0.44%), Cholesterol: 4.64mg (1.55%), Sodium: 75.93mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Selenium: 3.22µg (4.6%), Vitamin B1: 0.05mg (3.55%), Folate: 12.95µg (3.24%), Manganese: 0.06mg (2.85%), Vitamin B2: 0.04mg (2.33%), Vitamin B3: 0.37mg (1.85%), Iron: 0.29mg (1.61%), Phosphorus: 13.4mg (1.34%), Vitamin K: 1.08µg (1.02%)