



Rosemary Cheddar Bread

 Vegetarian

READY IN



190 min.

SERVINGS



36

CALORIES



71 kcal

Ingredients

- 1 cup water (70° to 80°)
- 3 tablespoons olive oil
- 0.5 cup potatoes mashed
- 7.5 teaspoons sugar
- 3 teaspoons rosemary dried crushed
- 1 teaspoon salt
- 3 cups bread flour
- 2.3 teaspoons yeast dry
- 1.3 cups cheddar cheese shredded finely

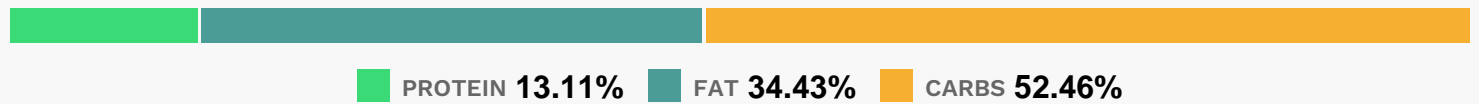
Equipment

- oven
- bread machine

Directions

- In bread machine pan, place the first eight 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).
- Just before the final kneading (your machine may audibly signal this), add the cheese.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:1.7217391224011%

Nutrients (% of daily need)

Calories: 70.74kcal (3.54%), Fat: 2.7g (4.15%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.88g (3.23%), Sugar: 0.9g (1.01%), Cholesterol: 3.92mg (1.31%), Sodium: 91.8mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Selenium: 5.38µg (7.68%), Manganese: 0.09mg (4.26%), Phosphorus: 30.62mg (3.06%), Calcium: 29.95mg (2.99%), Vitamin B1: 0.04mg (2.61%), Folate: 9.22µg (2.31%), Vitamin B2: 0.03mg (1.91%), Zinc: 0.25mg (1.7%), Vitamin E: 0.24mg (1.6%), Fiber: 0.36g (1.44%), Vitamin B3: 0.24mg (1.18%), Copper: 0.02mg (1.18%), Magnesium: 4.4mg (1.1%), Vitamin B5: 0.11mg (1.05%)