



Rosemary French Bread

 Vegetarian

READY IN



135 min.

SERVINGS



24

CALORIES



41 kcal

Ingredients

- 0.3 ounce active yeast dry
- 2 cups bread flour
- 1 teaspoon butter softened
- 1 tablespoon rosemary dried crushed
- 2 teaspoons garlic minced
- 1 teaspoon salt
- 17 tablespoons warm water
- 1 teaspoon sugar white

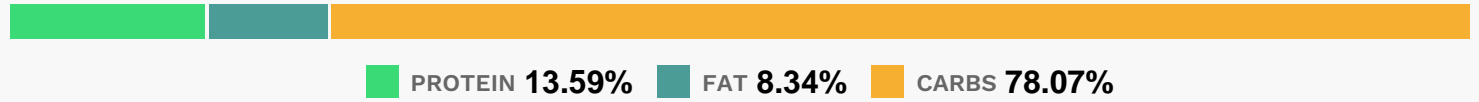
Equipment

- frying pan
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:1.1873912991875%

Nutrients (% of daily need)

Calories: 41.35kcal (2.07%), Fat: 0.38g (0.58%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.61g (2.77%), Sugar: 0.2g (0.22%), Cholesterol: 0.45mg (0.15%), Sodium: 99.21mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Selenium: 4.2µg (6%), Manganese: 0.09mg (4.47%), Vitamin B1: 0.04mg (2.78%), Folate: 10.62µg (2.65%), Fiber: 0.37g (1.48%), Phosphorus: 12.48mg (1.25%), Copper: 0.02mg (1.16%), Vitamin B3: 0.23mg (1.13%), Vitamin B2: 0.02mg (1.11%)