



Sahara Sand Bread

READY IN

ready

190 min.

SERVINGS

servings

24

CALORIES

calories

71 kcal

BREAD

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 2.5 cups bread flour
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon butter softened
- ☐ 0.5 cup warm milk 110 degrees F/45 degrees C
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup warm water 110 degrees F/45 degrees C
- ☐ 1 tablespoon sugar white

☐

0.5 cup flour whole wheat

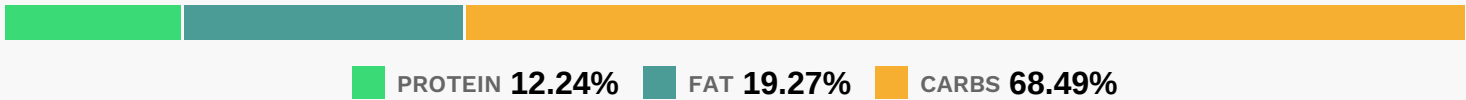
Equipment

- ☐ 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:7.3, Glycemic Load:6.56, Inflammation Score:-1, Nutrition Score:2.15782611396%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 70.81kcal (3.54%), Fat: 1.52g (2.33%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.48g (4.18%), Sugar: 0.81g (0.9%), Cholesterol: 0.61mg (0.2%), Sodium: 153.49mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Manganese: 0.21mg (10.31%), Selenium: 6.84µg (9.76%), Vitamin B1: 0.05mg (3.64%), Folate: 11.59µg (2.9%), Phosphorus: 28.52mg (2.85%), Fiber: 0.65g (2.61%), Magnesium: 7.54mg (1.88%), Vitamin B3: 0.36mg (1.82%), Copper: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.75%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.27%), Iron: 0.22mg (1.21%), Vitamin E: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.12%)