



Simply Amazing Cinnamon Swirl Wheat Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

BREAD

Ingredients

- 0.3 C brown sugar
- 0.3 C brown sugar
- 4 ounces butter (1 stick)
- 1 tbsp cinnamon
- 1 eggs room temperature
- 0.8 cup flour
- 2.5 tsp yeast dry instant
- 0.3 C skim milk

- 0.5 tsp nutmeg
- 0.3 teaspoon salt
- 0.3 C sugar
- 0.8 C water
- 2 C flour whole wheat

Equipment

- frying pan
- oven
- loaf pan
- bread machine

Directions

- Put egg, milk, and water into bread machine pan.
- Add butter, sugar, flour, salt, nutmeg, cinnamon, and yeast. Set bread machine to dough cycle.
- Remove dough at end of cycle and roll into approx. a 10x12 rectangle.
- Spread softened butter on surface of dough to the edges.
- Sprinkle with brown sugar and cinnamon. Starting with short side, roll tightly. Pinch and fold down ends.
- Place in bread pan. Cover and let rise in a warm spot for about an hour or until dough has doubled in size. Preheat oven to 350. Once dough has risen, bake for 35 minutes.
- Remove from oven and let cool in pan for at least 10 minutes to allow filling to set.

Nutrition Facts



PROTEIN 7.1% FAT 31.05% CARBS 61.85%

Properties

Glycemic Index:37.92, Glycemic Load:12.46, Inflammation Score:-5, Nutrition Score:12.434782608696%

Taste

Sweetness: 100%, Saltiness: 18.23%, Sourness: 5.88%, Bitterness: 10.52%, Savoriness: 8.28%, Fattiness: 52.73%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 364.8kcal (18.24%), Fat: 13.05g (20.08%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 54.16g (19.69%), Sugar: 26.73g (29.7%), Cholesterol: 51.17mg (17.06%), Sodium: 182.54mg (7.94%), Protein: 6.71g (13.42%), Manganese: 1.49mg (74.57%), Selenium: 24.88µg (35.54%), Vitamin B1: 0.36mg (23.83%), Fiber: 4.33g (17.34%), Folate: 60.9µg (15.23%), Phosphorus: 150.08mg (15.01%), Vitamin B3: 2.62mg (13.12%), Magnesium: 48.78mg (12.19%), Vitamin B2: 0.19mg (11.08%), Iron: 1.96mg (10.91%), Copper: 0.17mg (8.29%), Vitamin B6: 0.17mg (8.27%), Vitamin A: 405.26IU (8.11%), Zinc: 1.09mg (7.25%), Calcium: 54.87mg (5.49%), Potassium: 183.75mg (5.25%), Vitamin B5: 0.52mg (5.18%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.12µg (1.97%), Vitamin K: 1.92µg (1.83%), Vitamin D: 0.19µg (1.29%)