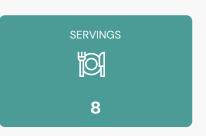


## Simply Amazing Cinnamon Swirl Wheat Bread

Vegetarian

READY IN

W
45 min.





BREAD

## **Ingredients**

- 0.3 C brown sugar
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- 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
	O.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	
	emic 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%)