



## S'mores Swirl Bread

READY IN



160 min.

SERVINGS



16

CALORIES



147 kcal

DESSERT

## Ingredients

- ☐ 0.3 cup graham cracker crumbs
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup marshmallows miniature
- ☐ 2 cups flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon salt
- ☐ 1 package yeast dry
- ☐ 1.3 cups milk (120°F to 130°F)

- ☐ 2 tablespoons canola oil
- ☐ 1 eggs
- ☐ 2 teaspoons butter melted

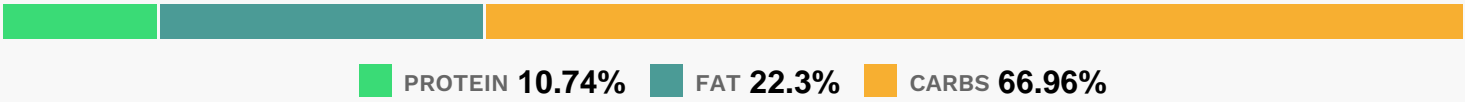
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan

## Directions

- ☐ Grease bottom and sides of 9x5-inch or 8x4-inch loaf pan with shortening or cooking spray.
- ☐ In small bowl, mix graham cracker crumbs and 2 teaspoons sugar. Reserve 2 teaspoons mixture for topping baked bread.
- ☐ In large bowl, mix flours, sugar, the salt and yeast.
- ☐ Add warm milk, oil and egg; stir until flour is completely moistened and stiff batter forms. Spoon half of batter into pan, spreading completely to sides of pan.
- ☐ In the following order, sprinkle batter with marshmallows, graham cracker mixture and chocolate, keeping at least a 1/2-inch border of uncovered batter on all sides. Spoon remaining batter as evenly as possible over filling; carefully and gently spread batter to sides of pan. Lightly spray sheet of plastic wrap with cooking spray; place sprayed side down loosely over pan.
- ☐ Let rise in warm place 1 hour to 1 hour 10 minutes or until dough has doubled in size.
- ☐ Heat oven to 350°F.
- ☐ Bake 35 to 40 minutes or until top of loaf is deep golden brown and loaf sounds hollow when tapped. Immediately remove from pan to cooling rack.
- ☐ Brush top with melted butter; sprinkle with reserved 2 teaspoons graham cracker mixture. Cool 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.23, Glycemic Load:9.77, Inflammation Score:-2, Nutrition Score:6.49999999429869%

## Nutrients (% of daily need)

Calories: 147.18kcal (7.36%), Fat: 3.76g (5.79%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.43g (8.52%), Sugar: 7.32g (8.13%), Cholesterol: 12.52mg (4.17%), Sodium: 173.64mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Manganese: 0.67mg (33.35%), Selenium: 13.23µg (18.9%), Vitamin B1: 0.2mg (13.31%), Phosphorus: 92.46mg (9.25%), Folate: 33.06µg (8.27%), Fiber: 1.98g (7.92%), Vitamin B2: 0.12mg (7.29%), Vitamin B3: 1.45mg (7.27%), Magnesium: 25.97mg (6.49%), Iron: 1.02mg (5.68%), Vitamin B6: 0.09mg (4.44%), Zinc: 0.62mg (4.14%), Copper: 0.08mg (4%), Calcium: 32.82mg (3.28%), Vitamin E: 0.48mg (3.17%), Vitamin B5: 0.3mg (2.98%), Potassium: 102.2mg (2.92%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.62µg (1.55%), Vitamin A: 69.44IU (1.39%)