

Spelt Bread II



Vegetarian



Vegan



Dairy Free

READY IN

ready

185 min.

SERVINGS

servings

24

CALORIES

calories

102 kcal

Ingredients



2.5 teaspoons bread machine yeast



2 tablespoons canola oil



1.3 cups rice milk



1 teaspoon salt



4 cups rice flour



2 tablespoons sugar white

Equipment



frying pan

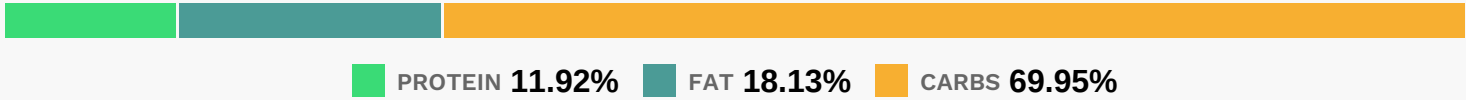


bread machine

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:6.21, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:1.3095652345244%

Nutrients (% of daily need)

Calories: 102.08kcal (5.1%), Fat: 1.98g (3.04%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 14.37g (5.23%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 102.58mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Fiber: 2.8g (11.22%), Iron: 0.97mg (5.4%), Vitamin B1: 0.06mg (3.77%), Folate: 12.01µg (3%), Vitamin E: 0.2mg (1.36%), Vitamin B2: 0.02mg (1.22%), Vitamin B3: 0.21mg (1.03%)