# Strawberry Oatmeal Cream Cheese Bread

🍎 **Vegetarian**

| READY IN | SERVINGS | CALORIES |
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| **45 min.** | **24** | **58 kcal** |

SIDE DISH　ANTIPASTI　STARTER　SNACK

## Ingredients

- [ ] 1.5 teaspoons active yeast  dry
- [ ] 1.5 cups bread flour
- [ ] 1 tablespoon butter
- [ ] 0.3 cup cream cheese  diced
- [ ] 2 tablespoons honey
- [ ] 0.3 cup milk
- [ ] 0.5 cup rolled oats
- [ ] 1 teaspoon salt

- [ ] 0.3 cup strawberries  mashed

## Equipment

- [ ] frying pan
- [ ] bread machine

## Directions

- [ ] Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Start.

# Nutrition Facts

■ PROTEIN **10.64%**   ■ FAT **29.45%**   ■ CARBS **59.91%**

## Properties

Glycemic Index:13.09, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.5769565111917%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 58.45kcal (2.92%), Fat: 1.93g (2.96%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.36g (3.04%), Sugar: 1.86g (2.06%), Cholesterol: 4.85mg (1.62%), Sodium: 112.28mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Manganese: 0.13mg (6.68%), Selenium: 3.97µg (5.67%), Vitamin B1: 0.04mg (2.57%), Phosphorus: 23.23mg (2.32%), Folate: 8.48µg (2.12%), Fiber: 0.45g (1.82%), Vitamin B2: 0.03mg (1.67%), Vitamin C: 1.19mg (1.44%), Magnesium: 5.39mg (1.35%), Vitamin A: 62.81IU (1.26%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.14%)