



Tomato Basil Sherry Bread

 Vegetarian  Vegan  Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



57 kcal

Ingredients

- 2 teaspoons active yeast dry
- 3 cups bread flour
- 1 tablespoon basil dried
- 1 teaspoon salt
- 0.5 cup cooking sherry
- 0.7 cup sun-dried tomatoes diced
- 1.3 cups tomato paste
- 1 tablespoon vegetable oil

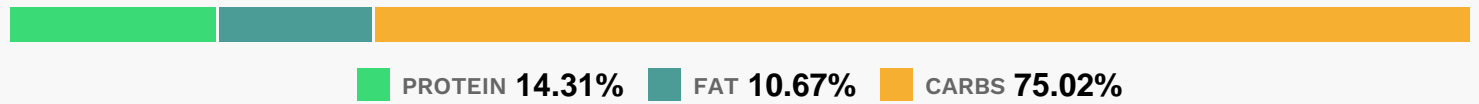
Equipment

bread machine

Directions

- Place all ingredients in the bread machine in order suggested by your manufacturer (except for the sun dried tomatoes).
- Select regular setting, medium crust. At the beep or according to your manufacturer's suggestion add the sun dried tomatoes.
- Remove immediately at end of baking cycle.
- Let cool and slice, spread with your favorite topping.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.9543478229771%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 57.21kcal (2.86%), Fat: 0.67g (1.03%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 9.66g (3.51%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 139.19mg (6.05%), Alcohol: 0.34g (100%), Alcohol %: 1.69% (100%), Protein: 2.03g (4.05%), Manganese: 0.16mg (8.15%), Selenium: 4.75µg (6.79%), Potassium: 179.49mg (5.13%), Vitamin K: 4.56µg (4.34%), Copper: 0.08mg (4.22%), Fiber: 0.96g (3.85%), Iron: 0.66mg (3.68%), Vitamin C: 2.79mg (3.38%), Vitamin B3: 0.65mg (3.23%), Vitamin E: 0.48mg (3.17%), Vitamin A: 157.57IU (3.15%), Vitamin B1: 0.04mg (2.92%), Magnesium: 11.6mg (2.9%), Phosphorus: 26.91mg (2.69%), Folate: 10.34µg (2.58%), Vitamin B2: 0.04mg (2.29%), Vitamin B6: 0.04mg (1.8%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.27%)