

White Bread II

 Vegetarian

READY IN



175 min.

SERVINGS



24

CALORIES



74 kcal

Ingredients

- ☐ 1.3 teaspoons active yeast dry
- ☐ 3 cups bread flour
- ☐ 2 tablespoons milk powder
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 2 tablespoons sugar white

Equipment

- ☐ frying pan

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 bread machine

Directions

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 Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select basic white bread cycle; press Start.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:8.15, Inflammation Score:-1, Nutrition Score:1.6465217095354%

Nutrients (% of daily need)

Calories: 73.9kcal (3.7%), Fat: 1.58g (2.42%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 12.22g (4.44%), Sugar: 1.29g (1.43%), Cholesterol: 0.61mg (0.2%), Sodium: 100.11mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Selenium: 6.32µg (9.03%), Manganese: 0.12mg (6.24%), Folate: 9.18µg (2.29%), Vitamin B1: 0.03mg (2.14%), Phosphorus: 21.04mg (2.1%), Vitamin K: 2.15µg (2.04%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.39%), Magnesium: 4.63mg (1.16%), Vitamin B3: 0.23mg (1.13%), Zinc: 0.17mg (1.12%), Vitamin E: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.05%)