



Yummy Peanut Butter Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 teaspoons active yeast dry
- 3 cups bread flour
- 1 tablespoon brown sugar
- 3 tablespoons crunchy peanut butter
- 1 eggs
- 2 tablespoons honey
- 1 teaspoon salt
- 1 tablespoon vegetable oil

1 cup warm water (110 degrees F/45 degrees C)

1 tablespoon sugar white

Equipment

oven

loaf pan

kitchen thermometer

bread machine

Directions

Place ingredients in bread machine pan in the order suggested by the manufacturer. Select white bread setting. Start.

To bake bread in oven: select dough or manual cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size.

Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes or until a thermometer inserted in the center of the loaf reads 200 degrees F (95 degrees C).

Nutrition Facts



PROTEIN 12.42% **FAT 21.1%** **CARBS 66.48%**

Properties

Glycemic Index:5.26, Glycemic Load:5.63, Inflammation Score:-1, Nutrition Score:1.3752173740093%

Nutrients (% of daily need)

Calories: 57.06kcal (2.85%), Fat: 1.34g (2.07%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.13g (3.32%), Sugar: 1.76g (1.96%), Cholesterol: 4.55mg (1.52%), Sodium: 73.56mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Selenium: 4.65µg (6.64%), Manganese: 0.11mg (5.43%), Folate: 8.3µg (2.07%), Phosphorus: 17.66mg (1.77%), Vitamin B3: 0.34mg (1.71%), Vitamin B1: 0.02mg (1.63%), Fiber: 0.39g (1.58%), Copper: 0.03mg (1.49%), Magnesium: 5.07mg (1.27%), Vitamin E: 0.17mg (1.13%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.16mg (1.04%)