

Japanese Purple Sweet Potato Loaf

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mashed-japanese-purple-sweet-potato-recipe>

Ingredients:

- 2 15/16 cups bread flour
- 9/16 pound purple sweet potato mashed japanese, about 300 - 350g potato - peeled, sliced, steamed and mashed
- 3 5/16 tablespoons brown sugar
- 1 1/2 teaspoons active yeast instant
- 1 teaspoon salt
- 2 5/8 tablespoons egg whisked, from 1 large egg, whisked and keep the balance for egg wash
- 1/2 cup milk fresh
- 4 1/4 tablespoons butter
- 1 teaspoon water
- sesame seeds Some, for topping, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 80 milligrams
4. Fat: 17 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 9 grams
8. Sodium: 750 milligrams
9. Sugar: 12 grams

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