



1992 Parmesan Bread

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons onion flakes dried
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.7 cup parmesan cheese divided grated
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 1 cup water
- ☐ 1 envelope rapid-rise yeast

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat 1 cup water and 1/4 cup butter in a small saucepan until butter melts. Cool to 120 to 130 degrees.
- ☐ Combine 2 cups flour and next 6 ingredients in a large mixing bowl. Gradually add liquid mixture to flour mixture, beating at high speed with an electric mixer 1 minute.
- ☐ Add egg, and beat at medium speed 2 minutes. Gradually stir in 1/3 cup cheese and remaining 1 cup flour.
- ☐ Cover and let rest 10 minutes.
- ☐ Place dough in a greased 2-quart round baking dish.
- ☐ Brush with melted butter, and sprinkle with remaining 1/3 cup cheese. Cover and let rise in a warm place (85), free from drafts, 45 minutes (bread will not double in bulk).
- ☐ Bake at 350 for 30 minutes or until golden. Cool in dish 10 minutes.
- ☐ Remove to a wire rack.
- ☐ Serve warm or at room temperature.
- ☐ Note: Parmesan Bread may be frozen up to 1 month. Thaw, wrapped in aluminum foil, at room temperature; bake at 350 for 25 minutes just before serving.

Nutrition Facts



 **PROTEIN 11.71%**  **FAT 32.26%**  **CARBS 56.03%**

Properties

Glycemic Index:18.76, Glycemic Load:27.97, Inflammation Score:-5, Nutrition Score:9.9226087331772%

Nutrients (% of daily need)

Calories: 297.26kcal (14.86%), Fat: 10.59g (16.3%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 39.72g (14.44%), Sugar: 3.62g (4.02%), Cholesterol: 30.5mg (10.17%), Sodium: 531.97mg (23.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Vitamin B1: 0.48mg (31.75%), Selenium: 20.88µg (29.83%), Folate: 112.12µg (28.03%), Vitamin B2: 0.33mg (19.39%), Manganese: 0.36mg (17.77%), Vitamin B3: 3.15mg (15.75%), Iron: 2.41mg (13.39%), Phosphorus: 127.36mg (12.74%), Calcium: 93.37mg (9.34%), Vitamin A: 424.52IU (8.49%), Fiber: 1.67g (6.67%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.47mg (4.72%), Copper: 0.09mg (4.51%), Magnesium: 16.49mg (4.12%), Vitamin B6: 0.07mg (3.65%), Potassium: 107.87mg (3.08%), Vitamin B12: 0.18µg (2.96%), Vitamin E: 0.44mg (2.9%), Vitamin C: 0.95mg (1.15%), Vitamin D: 0.17µg (1.11%), Vitamin K: 1.13µg (1.07%)