

Adzimka Bread

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



537 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 1 egg yolk beaten
- 6 cups flour all-purpose
- 0.5 teaspoon pepper black
- 6 potatoes cubed peeled
- 1 teaspoon salt
- 0.8 cup cheddar cheese shredded
- 1 tablespoon vegetable oil

- 1 tablespoon water
- 1.8 cups water (110 degrees F)
- 2 teaspoons granulated sugar white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- wire rack
- pizza pan

Directions

- In a large mixing bowl, dissolve yeast in warm water (110 degrees F, 45 degrees C).
- Let stand until creamy, about 10 minutes.
- Add the vegetable oil, sugar, 3 cups of the flour and the salt to the yeast mixture; stir well to combine.
- Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- Generously oil a large mixing bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Place the potatoes in a small sauce pan, cover with water, bring to a boil and cook until tender; about 15 minutes.
- Place the drained potatoes in a bowl and mash.
- Combine with the shredded cheese and season to taste with salt and pepper. Set aside to cool.

- Preheat oven to 400 degrees F (200 degrees C). Grease a 14 inch pizza pan or baking sheet. Deflate the dough and turn it out onto a lightly floured surface. Knead for a few turns, then form it into a round, cover and let rest for 10 minutes.
- On a lightly floured surface roll the dough out into a circle slightly larger than the pan, and place onto the prepared pan with the dough draped over the sides. Spoon the potato filling into the center of the dough, leaving a 2 inch space around the edges. Stir together the egg yolk and water to make an egg wash.
- Brush egg wash around the exposed edge of the circle. Fold dough from the edge into the center about every 6 to 8 inches, until the whole edge has been folded in to form a pinwheel pattern. Press to seal after each fold.
- Brush the top of the loaf with the remaining egg wash.
- Bake at 400 degrees F (200 degrees C) for 15 minutes then lower the temperature to 350 degrees F (175 degrees C) and bake for an additional 20 to 25 minutes or until golden brown on top and bottom.
- Remove the bread to a wire rack and let cool for 15 minutes before slicing into wedges and serving.

Nutrition Facts

PROTEIN 12.1% **FAT 11.89%** **CARBS 76.01%**

Properties

Glycemic Index:35.98, Glycemic Load:72.97, Inflammation Score:-7, Nutrition Score:23.605652156083%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 536.8kcal (26.84%), Fat: 7.04g (10.82%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 101.23g (33.74%), Net Carbohydrates: 94.91g (34.51%), Sugar: 2.55g (2.83%), Cholesterol: 34.89mg (11.63%), Sodium: 375.68mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Vitamin B1: 0.97mg (64.56%), Folate: 223.38µg (55.85%), Selenium: 36.6µg (52.29%), Manganese: 0.91mg (45.28%), Vitamin C: 31.47mg (38.15%), Vitamin B3: 7.58mg (37.91%), Vitamin B2: 0.61mg (35.81%), Iron: 5.71mg (31.72%), Vitamin B6: 0.54mg (27.07%), Phosphorus: 255.44mg (25.54%), Fiber: 6.32g (25.26%), Potassium: 793.67mg (22.68%), Copper: 0.33mg (16.36%), Magnesium: 61.58mg (15.39%), Calcium: 113.65mg (11.37%), Vitamin B5: 1.12mg (11.16%), Zinc: 1.64mg (10.92%), Vitamin K: 6.92µg (6.59%), Vitamin A: 142.47IU (2.85%), Vitamin B12: 0.16µg (2.61%), Vitamin E: 0.35mg (2.33%),

Vitamin D: 0.19µg (1.23%)