

Anadama Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



135 kcal

BREAD

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 egg white
- ☐ 3.3 cups flour all-purpose divided
- ☐ 0.3 cup maple syrup
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup warm water (105° to 115°)
- ☐ 2 teaspoons water

☐ 0.5 cup cornmeal yellow

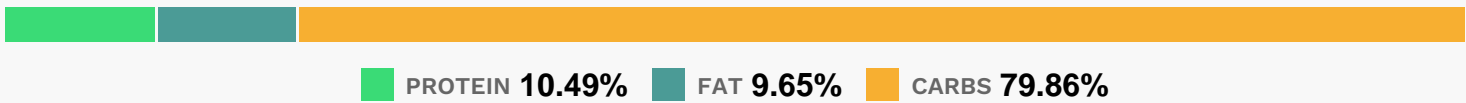
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Dissolve yeast and maple syrup in warm water in a large bowl; let stand 5 minutes.
- ☐ Add 2 cups flour, cornmeal, and next 2 ingredients; beat at medium speed of a mixer until blended. Stir in 3/4 cup flour to form a soft dough, and turn out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Punch dough down, and roll into a 14 x 7-inch rectangle on a lightly floured surface.
- ☐ Roll up tightly, starting at short side, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place roll, seam side down, in an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Cover and let rise 1 hour or until doubled in bulk.
- ☐ Combine 2 teaspoons water and egg white, and gently brush over dough.
- ☐ Bake at 375 for 35 minutes or until loaf sounds hollow when tapped.
- ☐ Remove from pan; let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:17.42, Inflammation Score:-2, Nutrition Score:5.1491304000273%

Nutrients (% of daily need)

Calories: 135kcal (6.75%), Fat: 1.43g (2.2%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 25.31g (9.2%), Sugar: 3.17g (3.53%), Cholesterol: 0mg (0%), Sodium: 150.61mg (6.55%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin B1: 0.27mg (17.72%), Manganese: 0.32mg (16.13%), Folate: 58.47µg (14.62%), Selenium: 9.32µg (13.31%), Vitamin B2: 0.22mg (12.92%), Vitamin B3: 1.8mg (9.02%), Iron: 1.34mg (7.47%), Fiber: 1.27g (5.08%), Phosphorus: 41.67mg (4.17%), Magnesium: 12.56mg (3.14%), Zinc: 0.4mg (2.69%), Copper: 0.05mg (2.68%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.2mg (2.03%), Potassium: 61.75mg (1.76%), Vitamin K: 1.65µg (1.57%), Calcium: 10.41mg (1.04%)