



Anadama Raisin Bread

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

14

CALORIES

calories

146 kcal

BREAD

Ingredients

- ☐ 1 package active yeast dry
- ☐ 1 teaspoon caraway seeds
- ☐ 2.8 cups flour all-purpose
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 cup raisins
- ☐ 1.5 teaspoons salt
- ☐ 1 cup warm water 100° to 110°
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

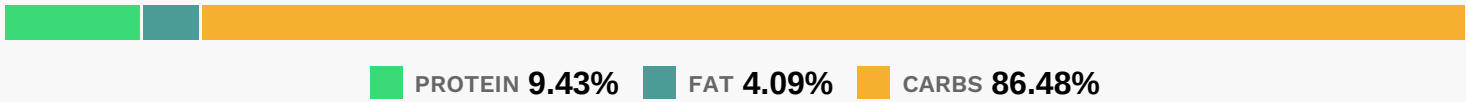
Directions

- ☐ Combine yeast and warm water in a measuring cup; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1 cup flour and next 5 ingredients in a large bowl, stirring well.
- ☐ Add yeast mixture to flour mixture; beat with a mixer at medium speed 2 minutes or until smooth. Gradually add remaining flour to form a soft dough.
- ☐ Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 10 minutes).
- ☐ 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, 45 minutes or until doubled in size. (Press 2 fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; turn dough out onto a lightly floured surface.
- ☐ Roll dough into a 12 x 7-inch rectangle.
- ☐ Roll up dough, starting at short side and pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 35 minutes or until loaf sounds hollow when tapped.

☐

Remove bread from pan immediately; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.59, Glycemic Load:20.19, Inflammation Score:-3, Nutrition Score:5.8099999727438%

Nutrients (% of daily need)

Calories: 146.06kcal (7.3%), Fat: 0.67g (1.03%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 29.98g (10.9%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 254.68mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin B1: 0.27mg (18.24%), Manganese: 0.31mg (15.69%), Folate: 58.73µg (14.68%), Selenium: 9.82µg (14.03%), Iron: 1.76mg (9.8%), Vitamin B3: 1.91mg (9.55%), Vitamin B2: 0.16mg (9.22%), Magnesium: 28.41mg (7.1%), Fiber: 1.74g (6.95%), Potassium: 181.9mg (5.2%), Vitamin B6: 0.1mg (5.12%), Copper: 0.1mg (5.02%), Phosphorus: 49.04mg (4.9%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.26mg (2.6%), Calcium: 19.61mg (1.96%)