



Bacon-Cheddar Grits Bread

READY IN



25 min.

SERVINGS



15

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 cups bread flour
- 10 ounce block cheddar cheese shredded white
- 0.5 cup bacon crumbled cooked
- 2 cups milk
- 0.8 cup quick-cooking grits uncooked
- 2 teaspoons salt
- 0.8 cup sharp cheddar cheese shredded
- 0.3 cup sugar
- 1 cup warm water (100° to 110°)

- 0.5 ounce rapid-rise yeast

Equipment

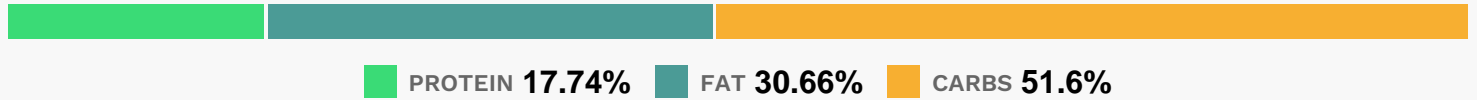
- bowl
- frying pan
- oven
- mixing bowl
- blender
- stand mixer

Directions

- Bring milk to a boil in a large sauce-pan over medium heat; stir in grits, and cook, stirring often, 5 minutes (mixture will be very thick).
- Remove from heat; add salt and cheese, stirring until cheese is melted.
- Let stand 25 minutes, stirring occasionally.
- Combine 1 cup warm water, sugar, and yeast in the mixing bowl of a heavy-duty stand mixer; let stand 5 minutes.
- Add grits mixture, beating at medium-low speed with the dough hook attachment until well blended.
- Add 4 cups flour, 1 cup at a time, beating until blended after each addition and stopping to scrape down sides as necessary. Gradually add enough flour to make a stiff but slightly sticky dough. Dough will form a ball around mixer attachment.
- Shape dough into a ball with well-floured hands, and place in a well-greased bowl, 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 divide into thirds; roll each third into a 14- x 9-inch rectangle on a lightly floured surface.
- Sprinkle each dough rectangle evenly with bacon and 3/4 cup shredded sharp Cheddar cheese.
- Roll up, jelly-roll fashion, starting with each short side and ending at middle of dough; form 2 rolls per loaf.

- Place into lightly greased 9- x 5-inch loafpans; cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Bake at 350 for 35 to 40 minutes or until golden.
- Let bread cool in pans on wire racks 10 minutes.
- Remove from pans, and cool completely on wire racks.
- Note: For testing purposes only, we used Cracker Barrel Vermont Sharp White Cheddar.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:22.64, Inflammation Score:-4, Nutrition Score:9.0030436101167%

Nutrients (% of daily need)

Calories: 325.13kcal (16.26%), Fat: 11.07g (17.03%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 40.3g (14.65%), Sugar: 5.18g (5.75%), Cholesterol: 33.84mg (11.28%), Sodium: 598.27mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Selenium: 24.2µg (34.58%), Calcium: 221.11mg (22.11%), Phosphorus: 204.02mg (20.4%), Manganese: 0.35mg (17.7%), Vitamin B2: 0.24mg (14.18%), Vitamin B1: 0.21mg (13.7%), Folate: 52.41µg (13.1%), Zinc: 1.53mg (10.23%), Vitamin B12: 0.44µg (7.28%), Fiber: 1.61g (6.44%), Magnesium: 25.25mg (6.31%), Vitamin B3: 1.2mg (6%), Vitamin A: 299.53IU (5.99%), Vitamin B5: 0.56mg (5.56%), Copper: 0.1mg (4.98%), Vitamin B6: 0.09mg (4.32%), Iron: 0.7mg (3.89%), Potassium: 129.33mg (3.7%), Vitamin D: 0.51µg (3.37%), Vitamin E: 0.37mg (2.45%)