



## Barnum Bratwurst Bread with Choucroute Tumble

READY IN



45 min.

SERVINGS



16

CALORIES



404 kcal

### Ingredients

- 16 servings grilled bratwurst
- 6 cups bread flour divided
- 0.3 ounce yeast instant
- 2 tablespoons oregano leaves dried
- 1 cup yogurt plain
- 1.5 teaspoons salt
- 1 tablespoon sugar
- 2 cups warm water (105° to 110°)
- 16 servings choucroute tumble

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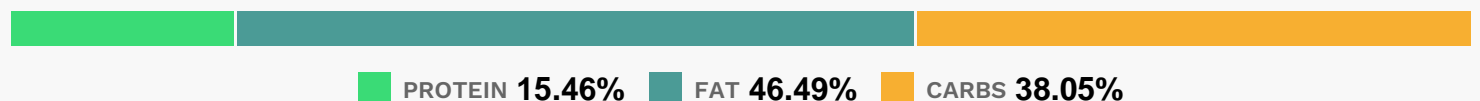
## Equipment

- bowl
- baking sheet
- oven
- stand mixer

## Directions

- Combine yeast, sugar, and water in bowl of an electric stand mixer; let stand 5 minutes.
- Add 3 cups flour and next 3 ingredients to bowl, and beat at low speed, using dough hook attachment, 2 minutes. Gradually add more flour until dough begins to leave the sides of the bowl and pull together.
- Turn dough out onto a heavily floured surface; knead 8 to 10 minutes or until dough is smooth and elastic, adding flour as necessary.
- Place dough in a greased bowl, turning to coat top of dough. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. Punch dough down, and let stand 10 minutes.
- On a lightly floured surface, divide dough into 4 equal pieces.
- Cut each piece of dough evenly into 4 pieces; shape each piece into ovals.
- Place 2 inches apart on lightly greased baking sheets. Cover and let rise in a warm place (85), free from drafts, about 10 minutes.
- Bake at 400 for 14 minutes or until lightly browned.
- Serve with grilled bratwurst and Choucroute Tumble.

## Nutrition Facts



## Properties

Glycemic Index:11.82, Glycemic Load:23.22, Inflammation Score:-6, Nutrition Score:12.113478141634%

## Nutrients (% of daily need)

Calories: 404.32kcal (20.22%), Fat: 20.61g (31.71%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.44g (13.25%), Sugar: 1.63g (1.81%), Cholesterol: 50.83mg (16.94%), Sodium: 786.22mg (34.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.85%), Selenium: 45.22µg (64.59%), Vitamin B1: 0.39mg (26.31%), Manganese: 0.41mg (20.71%), Phosphorus: 201.04mg (20.1%), Vitamin B3: 3.86mg (19.28%), Zinc: 2.69mg (17.93%), Vitamin B2: 0.27mg (16.1%), Vitamin B6: 0.25mg (12.56%), Vitamin B12: 0.54µg (8.98%), Potassium: 312.45mg (8.93%), Copper: 0.17mg (8.31%), Vitamin B5: 0.77mg (7.7%), Folate: 30.37µg (7.59%), Magnesium: 29.64mg (7.41%), Fiber: 1.51g (6.04%), Vitamin K: 6.3µg (6%), Iron: 1.02mg (5.67%), Calcium: 55.18mg (5.52%), Vitamin D: 0.74µg (4.94%), Vitamin E: 0.48mg (3.22%)