

Basic Sweet Dough

READY IN



170 min.

SERVINGS



48

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs
- ☐ 8 cups flour all-purpose sifted
- ☐ 1 cup milk
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons shortening melted
- ☐ 1.3 cups water cold
- ☐ 0.5 cup sugar white
- ☐ 1.2 ounce cakes compressed yeast fresh

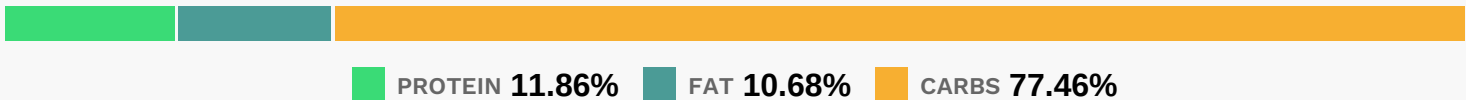
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Scald milk in a medium saucepan.
- ☐ Add cold water to scalded milk.
- ☐ Remove 1/4 cup liquid; mix yeast into liquid when cooled to lukewarm. To liquid in saucepan, add salt, sugar, shortening, and eggs.
- ☐ Add dissolved yeast to saucepan.
- ☐ Mix well.
- ☐ Sift and measure the flour into a large bowl. Make a well in the flour, and pour the liquids into the well. Stir with a large wooden spoon until liquid disappears.
- ☐ With one hand, mix dough in bowl using swinging rotary motion. Gradually form dough into smooth ball, then knead in bowl for 2 minutes.
- ☐ Brush top with melted shortening. Cover, and allow dough to rise at room temperature for 2 hours. Do not set bowl on radiator or in hot place. Keep away from draughts. Allow dough to rise until doubled in bulk.
- ☐ Punch down dough. Use dough for any sweet bread recipe.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:13.05, Inflammation Score:-2, Nutrition Score:3.9326087249362%

Nutrients (% of daily need)

Calories: 96.54kcal (4.83%), Fat: 1.14g (1.75%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 17.76g (6.46%), Sugar: 2.39g (2.65%), Cholesterol: 7.43mg (2.48%), Sodium: 102.56mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin B1: 0.25mg (16.35%), Folate: 55.57µg

(13.89%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.15mg (8.65%), Vitamin B3: 1.52mg (7.61%), Manganese: 0.15mg (7.27%), Iron: 1.02mg (5.65%), Phosphorus: 35.78mg (3.58%), Fiber: 0.75g (3.01%), Vitamin B5: 0.24mg (2.38%), Copper: 0.04mg (1.78%), Zinc: 0.25mg (1.65%), Magnesium: 5.86mg (1.47%), Vitamin B6: 0.03mg (1.3%), Potassium: 39.28mg (1.12%), Calcium: 10.89mg (1.09%)