



## Basic White Bread

 Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



224 kcal

BREAD

## Ingredients

- ☐ 13 servings butter melted
- ☐ 1 package yeast dry
- ☐ 2.8 cups flour all-purpose divided
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.5 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup warm water (105° to 115°)

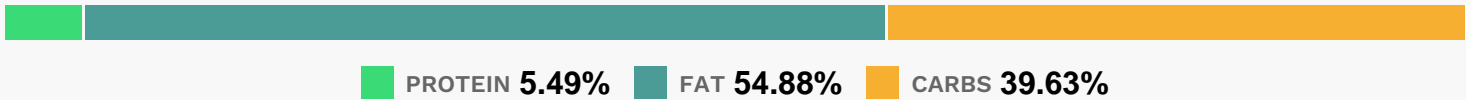
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

# Directions

- ☐ Dissolve yeast and 1 teaspoon sugar in warm water. Stir well; cover and let stand at room temperature 5 minutes or until bubbly.
- ☐ Combine yeast mixture, 1 1/2 tablespoons sugar, salt, oil, and half the flour in a large mixing bowl. Beat mixture at low speed of an electric mixer until smooth. Stir in enough remaining flour to make a soft dough.
- ☐ Turn dough out onto a lightly floured surface and knead 8 minutes or until smooth and elastic.
- ☐ Place dough in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in bulk.
- ☐ Punch dough down. Turn out onto a floured surface; let rest 15 minutes.
- ☐ Roll dough into a 14- x 7-inch rectangle. Beginning at narrow edge, roll up dough; press firmly to eliminate air pockets. Pinch edges to seal.
- ☐ Place dough, seam side down, in a well greased 9- x 5- x 3-inch loaf pan. Cover and repeat rising procedure 1 hour or until doubled in bulk.
- ☐ Bake at 375 for 50 minutes or until loaf sounds hollow when tapped.
- ☐ Remove bread from pan immediately; cool on wire rack.
- ☐ Brush with melted butter.

# Nutrition Facts



# Properties

Glycemic Index:16.55, Glycemic Load:15.78, Inflammation Score:-5, Nutrition Score:5.0373912852096%

## Nutrients (% of daily need)

Calories: 223.67kcal (11.18%), Fat: 13.67g (21.03%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 21.35g (7.76%), Sugar: 1.76g (1.96%), Cholesterol: 0mg (0%), Sodium: 312.63mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin B1: 0.27mg (17.88%), Folate: 61.13µg (15.28%), Selenium: 9.02µg (12.88%), Vitamin A: 500.78IU (10.02%), Vitamin B2: 0.16mg (9.27%), Manganese: 0.18mg (9.13%), Vitamin B3: 1.78mg (8.9%), Iron: 1.24mg (6.9%), Vitamin E: 0.62mg (4.14%), Vitamin K: 3.93µg (3.74%), Phosphorus: 35.21mg (3.52%), Fiber: 0.86g (3.44%), Copper: 0.04mg (2.18%), Vitamin B5: 0.2mg (2%), Magnesium: 6.71mg (1.68%), Zinc: 0.23mg (1.54%), Potassium: 39.39mg (1.13%), Vitamin B6: 0.02mg (1.05%)