



Basic White Bread Without a Bread Machine



Vegetarian



Gluten Free

READY IN



195 min.

SERVINGS



8

CALORIES



38 kcal

Ingredients

- ☐ 1.1 teaspoon yeast active yeast dry (half a packet)
- ☐ 5 teaspoons granulated sugar
- ☐ 0.3 cup milk
- ☐ 1.1 teaspoon salt
- ☐ 5 teaspoons butter unsalted
- ☐ 0.8 cup water

Equipment

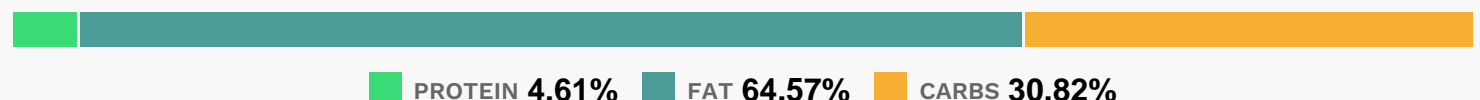
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In a microwave-safe liquid measuring cup, combine the water, milk and butter. Microwave for 1 minute, and then stick a thermometer in the mixture. It should be about 125 degrees or hotter. If it's hotter, let it cool down to about 125 degrees. In the bowl of a stand mixer, combine 1 cup of the flour, sugar, salt and yeast. Gradually add the 125 degree liquid mixture to the flour mixture and stir well.
- ☐ Add remaining flour 1 cup at a time until you have a dough that is not too dry, nor too sticky. Attach the dough hook to the mixer and knead with the mixer for about 8 minutes or until dough is smooth and elastic. Rub a second bowl with butter.
- ☐ Put the dough in the greased bowl, cover with plastic wrap and let rise in a warm place for 1 hour. Press it down and pat it into a rectangle.
- ☐ Roll into a cylinder and put the cylinder in a greased and floured 8 ½ by 4 ½ inch loaf pan.
- ☐ Put the loaf pan in a warm place and let it rise for 1 hour. Preheat oven to 375 degrees F.
- ☐ Bake for 45 minutes or until loaf is browned and feels hollow when tapped.
- ☐ Let cool completely, then remove from the pan and slice.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:0.83956521166408%

Nutrients (% of daily need)

Calories: 38.03kcal (1.9%), Fat: 2.82g (4.34%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.86g (3.18%), Cholesterol: 7.63mg (2.54%), Sodium: 331.62mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin B1: 0.05mg (3.5%), Folate: 10.33µg (2.58%), Vitamin A: 90.45IU (1.81%), Vitamin B2: 0.03mg (1.74%), Phosphorus: 11.24mg (1.12%), Calcium: 11.15mg (1.12%)