



Basil Beer Bread

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 cup torn basil fresh chopped
- ☐ 12 ounce beer
- ☐ 0.5 teaspoon pepper black
- ☐ 3.3 cups flour all-purpose
- ☐ 1.5 teaspoons kosher salt
- ☐ 8 servings olive oil for the baking sheet
- ☐ 3 ounces parmesan grated

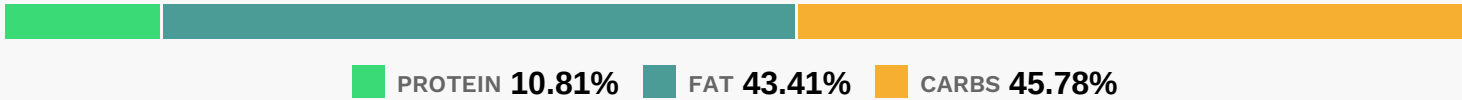
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Heat oven to 400 F. Oil a baking sheet. In the bowl of a standing mixer on low, or in a large bowl using a spoon, combine the flour, yeast, salt, pepper, and Parmesan.
- ☐ Add the beer and mix just until the dough comes together. Turn the dough onto a lightly floured surface.
- ☐ Sprinkle with the basil and knead gently just until incorporated. Shape the dough into a round loaf and transfer to the prepared sheet.
- ☐ Bake until the loaf is lightly browned and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Turn the loaf onto a wire rack.
- ☐ Let cool for at least 10 minutes before slicing. Tip: This dense, hearty bread is best when it's thickly sliced and served with a plate of fresh tomatoes or a bowl of summer minestrone. You can also toast it and drizzle it with olive oil.

Nutrition Facts



Properties

Glycemic Index:30.56, Glycemic Load:28.78, Inflammation Score:-6, Nutrition Score:11.64391303192%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.34mg,

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Nutrients (% of daily need)

Calories: 372.45kcal (18.62%), Fat: 17.33g (26.67%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 39.44g (14.34%), Sugar: 0.23g (0.26%), Cholesterol: 7.23mg (2.41%), Sodium: 609.93mg (26.52%), Alcohol: 1.66g (100%), Alcohol %: 1.71% (100%), Protein: 9.71g (19.41%), Vitamin B1: 0.5mg (33.57%), Folate: 119.02µg (29.75%), Selenium: 19.95µg (28.5%), Vitamin K: 21.42µg (20.4%), Manganese: 0.41mg (20.31%), Vitamin B2: 0.33mg (19.69%), Vitamin B3: 3.63mg (18.15%), Iron: 2.66mg (14.78%), Phosphorus: 142.1mg (14.21%), Calcium: 141.73mg (14.17%), Vitamin E: 2.1mg (13.97%), Fiber: 1.69g (6.76%), Magnesium: 21.02mg (5.26%), Zinc: 0.75mg (5%), Vitamin A: 241.96IU (4.84%), Copper: 0.1mg (4.8%), Vitamin B5: 0.42mg (4.16%), Vitamin B6: 0.07mg (3.49%), Potassium: 94.8mg (2.71%), Vitamin B12: 0.14µg (2.28%)