



Batter White Bread

READY IN



160 min.

SERVINGS



6

CALORIES



301 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 1 tablespoon butter melted
- 3 cups flour all-purpose sifted
- 2 teaspoons salt
- 2 tablespoons shortening
- 1.3 cups warm water (110 degrees F/45 degrees C)
- 2 tablespoons sugar white

Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer

Directions

- Mix together shortening, sugar, salt, yeast, and 1 1/5 cups flour.
- Add warm water and beat by hand about 300 strokes, or 3 minutes, with an electric mixer.
- Add remaining flour, scraping bowl often, and mix all together until smooth.
- Cover with a clean cloth and let rise until doubled in volume.
- Stir dough down gently, and spoon into a lightly greased 9x5 inch loaf pan (the batter should be sticky). Pat down with floured hands to help shape. Cover again, and let rise for about 30 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Bake for about 45 minutes.
- Place on a cooling rack, and brush top with melted butter.

Nutrition Facts

■ PROTEIN **9.32%** ■ FAT **20.74%** ■ CARBS **69.94%**

Properties

Glycemic Index:32.52, Glycemic Load:37.3, Inflammation Score:-4, Nutrition Score:10.0799999632227%

Nutrients (% of daily need)

Calories: 301.19kcal (15.06%), Fat: 6.87g (10.58%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 50.16g (18.24%), Sugar: 4.16g (4.62%), Cholesterol: 5.02mg (1.67%), Sodium: 794.69mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Vitamin B1: 0.62mg (41.44%), Folate: 142.09µg (35.52%), Selenium: 21.33µg (30.47%), Manganese: 0.43mg (21.6%), Vitamin B2: 0.36mg (21.03%), Vitamin B3: 4.17mg (20.83%), Iron: 2.94mg (16.32%), Fiber: 2.01g (8.02%), Phosphorus: 75.58mg (7.56%), Copper: 0.1mg (5.2%), Vitamin B5: 0.46mg (4.65%), Magnesium: 14.95mg (3.74%), Zinc: 0.54mg (3.6%), Vitamin K: 2.63µg (2.5%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.05mg (2.27%), Potassium: 78.96mg (2.26%), Calcium: 12.33mg (1.23%),

Vitamin A: 58.31IU (1.17%)