



Bread Machine Crusty Sourdough Bread

 Vegetarian  Vegan  Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



242 kcal

Ingredients

- 1.5 teaspoons yeast dry quick
- 4 cups water lukewarm (105°F to 115°F)
- 3 cups flour all-purpose
- 4 teaspoons sugar
- 0.5 cup water
- 3 cups bread flour
- 2 tablespoons sugar
- 1.5 teaspoons salt
- 1 teaspoon yeast dry quick

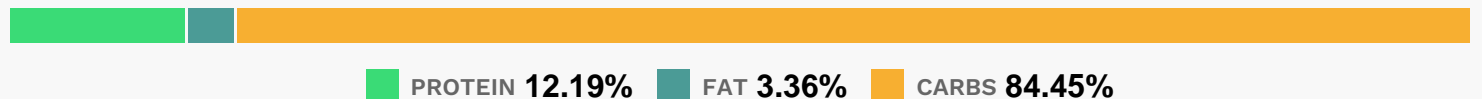
Equipment

- bowl
- frying pan
- wire rack
- hand mixer
- bread machine

Directions

- Make sourdough starter at least 1 week before making bread. In large glass bowl, dissolve 1 1/2 teaspoons yeast in warm water. Stir in 3 cups flour and 4 teaspoons sugar. Beat with electric mixer on medium speed about 1 minute or until smooth. Cover loosely; let stand at room temperature about 1 week or until mixture is bubbly and has a sour aroma.
- Transfer to 2-quart or larger nonmetal bowl. Cover tightly; refrigerate until ready to use.
- Use sourdough starter once a week or stir in 1 teaspoon sugar. After using starter, replenish it by stirring in 3/4 cup all-purpose flour, 3/4 cup water and 1 teaspoon sugar until smooth. Cover loosely; let stand in warm place at least 1 day until bubbly. Cover tightly; refrigerate until ready to use. To use, stir cold starter; measure cold starter, and let stand until room temperature (starter will expand as it warms up).
- Measure 1 cup of the sourdough starter and all remaining bread ingredients carefully, placing in bread machine pan in the order recommended by the manufacturer.
- Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycle. (Total time will vary with appliance and setting.)
- Remove baked bread from pan; cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:23.52, Glycemic Load:34.26, Inflammation Score:-3, Nutrition Score:7.4091304548733%

Nutrients (% of daily need)

Calories: 241.5kcal (12.08%), Fat: 0.88g (1.36%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 48.33g (17.58%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 296.73mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Selenium: 23.07µg (32.96%), Manganese: 0.46mg (23.18%), Vitamin B1: 0.34mg (22.77%), Folate: 82.67µg (20.67%), Vitamin B3: 2.42mg (12.09%), Vitamin B2: 0.2mg (11.75%), Iron: 1.75mg (9.72%), Fiber: 1.77g (7.07%), Phosphorus: 68.19mg (6.82%), Copper: 0.12mg (5.97%), Magnesium: 15.93mg (3.98%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.36mg (3.61%), Potassium: 71mg (2.03%), Vitamin B6: 0.04mg (1.75%), Calcium: 12.44mg (1.24%)