Breakfast Bread Dough

READY IN	SERVINGS	CALORIES
145 min.	20	224 kcal

MORNING MEAL   BRUNCH   BREAKFAST

Ingredients

- [ ] 0.3 oz active yeast dry
- [ ] 5 teaspoons double-acting baking powder
- [ ] 1 teaspoon baking soda
- [ ] 0.5 cup butter cold cubed
- [ ] 2 cups buttermilk at room temperature
- [ ] 5 cups flour all-purpose
- [ ] 0.5 cup shortening cubed
- [ ] 1 teaspoon sugar
- [ ] 3 tablespoons sugar

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Stir together first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Stir together flour and next 4 ingredients in a large bowl; cut butter and shortening into flour mixture with a pastry blender or 2 forks until crumbly.
- ☐ Add yeast mixture and buttermilk, stirring just until dry ingredients are moistened. Cover with plastic wrap, and chill 2 to 72 hours.
- ☐ To make ahead: Prepare recipe as directed. Cover and chill up to 72 hours. Use as directed in Caramel-Glazed Monkey Bread or Chocolate
- ☐ Rolls.

Nutrition Facts

PROTEIN 7.47% **FAT 43.59%** **CARBS 48.94%**
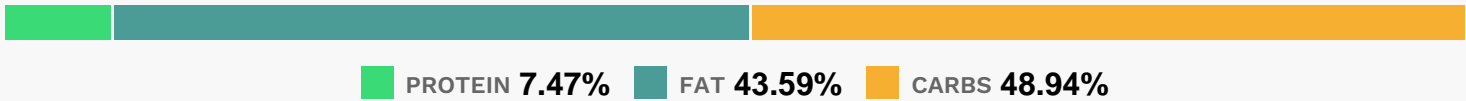
Properties

Glycemic Index:19.41, Glycemic Load:19.27, Inflammation Score:-3, Nutrition Score:6.2734782954921%

Nutrients (% of daily need)

Calories: 224.01kcal (11.2%), Fat: 10.86g (16.71%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.5g (9.63%), Sugar: 3.26g (3.62%), Cholesterol: 14.84mg (4.95%), Sodium: 398.15mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin B1: 0.3mg (19.79%), Folate: 66.85µg (16.71%), Selenium: 11.58µg (16.54%), Vitamin B2: 0.21mg (12.48%), Manganese: 0.22mg (10.79%), Vitamin B3: 2.01mg (10.06%), Calcium: 92.87mg (9.29%), Iron: 1.58mg (8.79%), Phosphorus: 79.68mg (7.97%), Fiber: 0.94g (3.76%), Vitamin A: 181.42IU (3.63%), Vitamin E: 0.48mg (3.21%), Vitamin B5: 0.32mg (3.17%), Vitamin K: 3.29µg (3.13%),

Copper: 0.05mg (2.69%), Magnesium: 9.91mg (2.48%), Zinc: 0.34mg (2.3%), Vitamin D: 0.31µg (2.08%), Potassium: 70.86mg (2.02%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.03mg (1.4%)