

Buttery Bubble Bread

READY IN



55 min.

SERVINGS



16

CALORIES



237 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 6 tablespoons butter melted
- 1 eggs
- 4 cups flour all-purpose divided
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 cup sugar
- 1 cup water (110° to 115°)

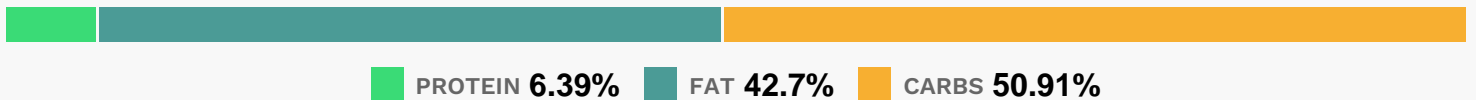
Equipment

- bowl
- frying pan
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the sugar, shortening, egg, salt and 1 cup of flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; shape into 1-1/2-in. balls. Dip the balls in butter and arrange evenly in a greased 9-in. fluted tube pan.
- Drizzle with remaining butter. Cover and let rise in a warm place until doubled, about 45 minutes.
- Bake at 350° for 30–35 minutes or until golden brown. Cool for 5 minutes before inverting onto a serving platter.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:21.62, Inflammation Score:-3, Nutrition Score:5.4821739870569%

Nutrients (% of daily need)

Calories: 237.46kcal (11.87%), Fat: 11.29g (17.36%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 29.31g (10.66%), Sugar: 6.34g (7.04%), Cholesterol: 21.52mg (7.17%), Sodium: 112.24mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin B1: 0.3mg (19.78%), Folate: 69µg (17.25%), Selenium: 11.56µg (16.52%), Vitamin B2: 0.19mg (11.04%), Manganese: 0.22mg (10.79%), Vitamin B3: 2.03mg

(10.14%), Iron: 1.52mg (8.43%), Phosphorus: 43.28mg (4.33%), Fiber: 0.96g (3.85%), Vitamin E: 0.56mg (3.75%), Vitamin K: 3.88µg (3.69%), Vitamin A: 146.05IU (2.92%), Vitamin B5: 0.29mg (2.88%), Copper: 0.05mg (2.59%), Zinc: 0.3mg (1.98%), Magnesium: 7.7mg (1.92%), Vitamin B6: 0.03mg (1.26%), Potassium: 42.86mg (1.22%)