



Cheddar-Asiago Potato Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



230 kcal

BREAD

Ingredients

- 3 ounces asiago cheese grated
- 1 pound baking potato cubed peeled
- 0.8 teaspoon pepper black freshly ground
- 4 ounces extrasharp cheddar cheese shredded
- 2.3 teaspoons yeast dry
- 5.5 cups flour all-purpose divided
- 2 teaspoons salt

Equipment

- bowl
- sauce pan
- oven
- knife
- wire rack
- loaf pan
- potato masher
- measuring cup
- colander

Directions

- Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- Drain in a colander over a bowl, reserving 1 1/4 cups cooking liquid. Cool liquid to 11
- Mash the potato with a potato masher to measure 2 cups; set aside.
- Combine warm cooking liquid and yeast in a large bowl, and let stand 5 minutes. Stir in the mashed potato. Lightly spoon flour into dry measuring cups; level with a knife. Gradually stir in 5 cups flour, salt, and pepper to form a stiff dough.
- Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Gently knead in cheddar and Asiago.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide dough in half. Working with one portion at a time (cover the remaining dough to prevent drying), roll each portion into an 11 x 7-inch rectangle on a floured surface.
- Roll up each rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets, and pinch seam and ends to seal.
- Place dough rolls, seam sides down, in 2 (8 x 4-inch) loaf pans coated with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- Preheat oven to 37

Uncover dough; bake at 375 for 1 hour or until loaves are browned on bottom and sound hollow when tapped.

Remove from pans; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.36, Glycemic Load:27.86, Inflammation Score:-4, Nutrition Score:9.2091305605743%

Nutrients (% of daily need)

Calories: 230.21kcal (11.51%), Fat: 4.26g (6.56%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 36.83g (13.39%), Sugar: 0.36g (0.4%), Cholesterol: 10.7mg (3.57%), Sodium: 424.71mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.57%), Vitamin B1: 0.41mg (27.53%), Selenium: 17.92µg (25.6%), Folate: 94.72µg (23.68%), Manganese: 0.35mg (17.67%), Vitamin B2: 0.29mg (16.95%), Vitamin B3: 3.03mg (15.13%), Phosphorus: 134.28mg (13.43%), Iron: 2.31mg (12.85%), Calcium: 123.9mg (12.39%), Fiber: 1.67g (6.68%), Vitamin B6: 0.13mg (6.66%), Zinc: 0.83mg (5.51%), Magnesium: 20.63mg (5.16%), Potassium: 180.03mg (5.14%), Copper: 0.1mg (4.92%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.14µg (2.32%), Vitamin A: 113.33IU (2.27%), Vitamin C: 1.62mg (1.96%)