



Cheddar Onion Twist

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 packages active yeast dry
- 1 teaspoon basil dried whole
- 2 tablespoons bread flour divided
- 6 cups bread flour divided
- 1 eggs lightly beaten
- 2 cups very warm milk whole (120° to 130°)
- 2 cups onion finely chopped
- 1 teaspoon oregano dried whole

- 2 teaspoons salt
- 8 ounces sharp cheddar cheese shredded
- 2 tablespoons sugar
- 0.3 cup butter unsalted melted
- 1 teaspoon water

Equipment

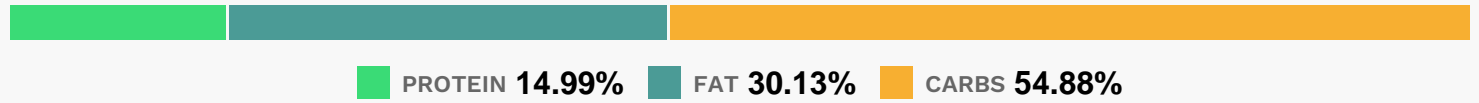
- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- aluminum foil

Directions

- Saute onion, basil, and oregano in butter in a skillet over medium heat until onion is tender. Set aside.
- Combine 2 cups flour and yeast; stir.
- Add milk to flour mixture, beating at low speed of an electric mixer. Beat 2 minutes at medium speed.
- Add onion mixture, cheese, sugar, and salt. Stir in enough of the remaining 4 cups flour to make a soft dough.
- Sprinkle 2 tablespoons flour over work surface. Turn dough out; knead until smooth and elastic.
- Place in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled.
- Punch dough down; divide in half. Divide each half into 3 equal portions.
- Roll each portion into a 16-inch rope. Braid 3 ropes together on a greased baking sheet, pinching ends to seal; tuck ends under. Repeat procedure with remaining ropes.
- Cover and let rise in a warm place, free from drafts, 20 minutes or until doubled.

- Combine egg and water; brush over loaves.
- Bake at 350 for 35 minutes or until loaves sound hollow when tapped. (Cover with aluminum foil the last 15 minutes of baking to prevent over-browning, if necessary.)

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:11.21, Inflammation Score:-2, Nutrition Score:3.8408695951752%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 134.84kcal (6.74%), Fat: 4.49g (6.91%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.58g (6.39%), Sugar: 1.84g (2.04%), Cholesterol: 16.32mg (5.44%), Sodium: 183.58mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Selenium: 11.25µg (16.07%), Manganese: 0.19mg (9.68%), Phosphorus: 73.17mg (7.32%), Calcium: 71.2mg (7.12%), Folate: 20.52µg (5.13%), Vitamin B2: 0.09mg (5.09%), Vitamin B1: 0.08mg (5.07%), Zinc: 0.55mg (3.66%), Fiber: 0.82g (3.29%), Vitamin A: 136.63IU (2.73%), Magnesium: 10.56mg (2.64%), Vitamin B12: 0.16µg (2.64%), Vitamin B5: 0.26mg (2.61%), Copper: 0.05mg (2.48%), Vitamin B3: 0.41mg (2.07%), Vitamin B6: 0.04mg (2.06%), Potassium: 68.54mg (1.96%), Iron: 0.31mg (1.7%), Vitamin D: 0.24µg (1.61%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.26µg (1.2%)