



Cheddar-Potato Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



161 kcal

Ingredients

- ☐ 2 cups baking potato cubed peeled (1-inch) ()
- ☐ 3.5 cups bread flour divided
- ☐ 1 teaspoon mustard dry
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons salt
- ☐ 2 ounces sharp cheddar cheese diced
- ☐ 3 ounces sharp cheddar cheese shredded

☐ 1 teaspoon sugar

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ wire rack

☐ loaf pan

☐ measuring cup

☐ colander

Directions

☐ Cook potato in boiling water 10 minutes or until very tender.

☐ Drain potato in a colander over a bowl, reserving 1 cup cooking liquid. Mash potato with a fork until smooth. Cool cooking liquid to 100 to 11

☐ Dissolve yeast and sugar in cooled cooking liquid in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.

☐ Add 2 1/2 cups flour, mashed potato, 3/4 cup shredded cheese, oil, salt, mustard, and pepper to yeast mixture; stir until well-blended.

☐ Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

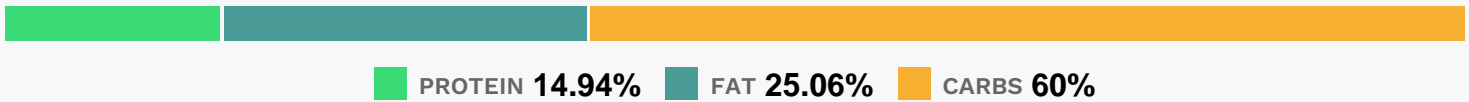
☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; sprinkle with 1/2 cup diced cheese. Knead dough until cheese is well-blended (about 5 minutes), and add enough of remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands.

☐ Roll into a 14 x 7-inch rectangle on a lightly floured surface.

☐ Roll up the rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets, and pinch seam and ends to seal.

- ☐
- Place roll, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 40 minutes or until doubled in size.
- ☐
- Preheat oven to 37
- ☐
- Uncover dough.
- ☐
- Bake at 375 for 55 minutes or until loaf is browned on the top and sounds hollow when tapped.
- ☐
- Remove from pan; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.24, Glycemic Load:15.75, Inflammation Score:-2, Nutrition Score:4.5556522232035%

Nutrients (% of daily need)

Calories: 160.52kcal (8.03%), Fat: 4.44g (6.83%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 22.88g (8.32%), Sugar: 0.49g (0.55%), Cholesterol: 8.86mg (2.95%), Sodium: 277.71mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Selenium: 13.74µg (19.62%), Manganese: 0.25mg (12.63%), Phosphorus: 81.32mg (8.13%), Calcium: 69.83mg (6.98%), Folate: 23.98µg (6%), Vitamin B1: 0.09mg (5.94%), Vitamin B2: 0.08mg (4.7%), Vitamin B6: 0.09mg (4.44%), Zinc: 0.66mg (4.37%), Fiber: 1.04g (4.17%), Copper: 0.08mg (3.75%), Magnesium: 14.29mg (3.57%), Potassium: 118.14mg (3.38%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.27mg (2.73%), Iron: 0.45mg (2.51%), Vitamin E: 0.32mg (2.13%), Vitamin A: 102.55IU (2.05%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 1.1mg (1.34%), Vitamin K: 1.19µg (1.14%)