



Chili-Cheese Sourdough

READY IN



45 min.

SERVINGS



36

CALORIES



55 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 package yeast dry
- ☐ 3 cups bread flour
- ☐ 0.3 cup pepper flakes fresh minced
- ☐ 0.3 cup parmesan shredded dry
- ☐ 0.5 cup rye flour
- ☐ 1 teaspoon salt
- ☐ 1 cup starter
- ☐ 1 tablespoon sugar
- ☐ 1 cup water

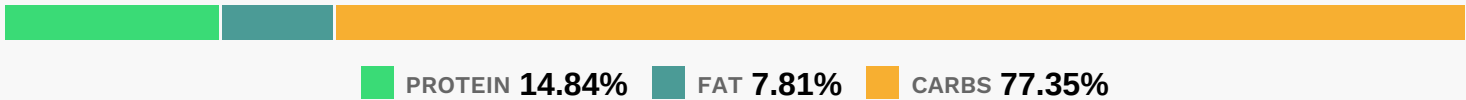
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Add ingredients to bread machine pan according to manufacturer's directions.
- ☐ Select basic cycle.
- ☐ Remove baked loaf from pan at once. Cool on a rack at least 15 minutes before slicing.
- ☐ Serve hot, warm, or cool.
- ☐ To make a 2-pound loaf, use 1 1/3 cups water, 1 1/3 cups sourdough starter, 4 cups bread flour, 2/3 cup rye flour, 4 teaspoons sugar, 1 teaspoon salt, and 1 package active dry yeast, 1/2 cup shredded dry jack or parmesan cheese, and 1/3 cup minced fresh jalapeo chilies.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:5.17, Inflammation Score:-1, Nutrition Score:1.5086956787854%

Nutrients (% of daily need)

Calories: 54.83kcal (2.74%), Fat: 0.47g (0.72%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.95g (3.62%), Sugar: 0.44g (0.49%), Cholesterol: 0.63mg (0.21%), Sodium: 80.29mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Selenium: 4.57µg (6.53%), Manganese: 0.12mg (5.98%), Vitamin B1: 0.03mg (2.33%), Folate: 8.77µg (2.19%), Phosphorus: 21.4mg (2.14%), Fiber: 0.53g (2.13%), Vitamin C: 1.5mg (1.82%), Copper: 0.03mg (1.36%), Calcium: 13.31mg (1.33%), Vitamin B2: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.16mg (1.09%), Magnesium: 4.32mg (1.08%)