



## Cock-A-Leekie-Herb-Bread (A-B-M Dough Cycle)

READY IN



170 min.

SERVINGS



4

CALORIES



522 kcal

BREAD

### Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook melted (for flavor, - or substitute butter)
- 1.5 cups bread flour
- 3 teaspoons bread machine yeast
- 2.5 tablespoons brown sugar
- 1 tablespoon butter melted soft for crust after bread has baked! ( - )
- 0.5 cup carrots shredded grated fine ( or )
- 1 teaspoon celery seed

- 2 teaspoons chicken soup base dissolved in water above, or substitute 2 chicken bouillon cubes, dissolved in water)
- 0.5 teaspoon rosemary dried crushed ( )
- 2 tablespoons buttermilk powder dry
- 0.5 teaspoon garlic powder
- 1.5 teaspoons pepper black (use less if desired!)
- 2 tablespoons dehydrated onion dried ( onions, or chives could be substituted)
- 1 teaspoon juice of lemon
- 2 teaspoons parsley
- 0.5 cup potatoes instant
- 6 cranberries dried chopped ( - OPTIONAL, or substitute)
- 0.5 cup rye flour
- 1 teaspoon salt
- 1 teaspoon thyme leaves dried (or)
- 1 tablespoon vital wheat gluten
- 1 teaspoon vital wheat gluten (additional)
- 1.3 cups water
- 3 tablespoons water (ADDITIONAL)
- 1 cup flour whole wheat

## Equipment

- bowl
- frying pan
- oven
- loaf pan
- aluminum foil
- bread machine

## Directions

- Place the first five (
- ingredients into pan of automatic bread machine.
- Combine bread flour, whole wheat flour, rye flour, instant potato flakes, brown sugar, buttermilk powder, vital wheat gluten, shredded carrots, optional prunes or dried cranberries, dried leeks, parsley flakes, thyme leaves, celery seeds, rosemary, garlic powder, and black pepper together in a large bowl. Spoon flour mixture into water mixture in pan of automatic bread machine. On top of flour mixture, add salt to one corner of automatic bread machine. On top of flour mixture, add yeast to opposite corner of automatic bread machine. For a LOAF to be baked in a 375F oven (350F Pyrex or Dark Metal Pan): Select DOUGH CYCLE on automatic bread machine. When DOUGH CYCLE is complete, remove dough to a flat surface sprayed with cooking spray ~ for a LOAF: flatten dough to about 12 x 15 inches to remove some of the air (punch down) ~ roll dough tightly (pinch seams) to fit into a 8 1/2 x 4 1/2 x 2 1/2 metal loaf pan sprayed with cooking spray. Cover with cling film and LET DOUGH RISE UNTIL DOUBLE. (If desired do a very shallow slash in dough BEFORE or AFTER last rise.) PREHEAT OVEN TO 375F (350F for PYREX OR DARK METAL PAN) ~ bake for 20 minutes ~ TENT WITH ALUMINUM FOIL ~ bake an additional 10-15 minutes. (Total bake time 30-35 minutes).
- Use fresh yeast! ~
- Better to use cool water than water that is too hot! HOT WATER KILLS YEAST! ~
- Please allow for an ADEQUATE SECOND RISE or your bread will be heavy and dense! ~
- BAKE IN YOUR BREAD MACHINE AT YOUR OWN RISK! I successfully bake in my oven after a proper second rise!

## Nutrition Facts

■ PROTEIN **12.9%** ■ FAT **20.97%** ■ CARBS **66.13%**

### Properties

Glycemic Index: 78.96, Glycemic Load: 22.66, Inflammation Score: -10, Nutrition Score: 24.135652023813%

### Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.66mg, Apigenin: 2.66mg, Apigenin: 2.66mg Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 522kcal (26.1%), Fat: 12.44g (19.14%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 88.3g (29.43%), Net Carbohydrates: 79.82g (29.03%), Sugar: 12.42g (13.8%), Cholesterol: 16.38mg (5.46%), Sodium: 900.45mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.45%), Manganese: 2.14mg (107.18%), Selenium: 42.83µg (61.19%), Vitamin A: 2800.16IU (56%), Vitamin B1: 0.75mg (49.76%), Fiber: 8.48g (33.92%), Folate: 133.01µg (33.25%), Phosphorus: 274.72mg (27.47%), Vitamin B3: 4.43mg (22.12%), Magnesium: 83.17mg (20.79%), Vitamin B6: 0.38mg (18.9%), Vitamin B2: 0.32mg (18.85%), Copper: 0.35mg (17.3%), Iron: 2.74mg (15.25%), Potassium: 505.62mg (14.45%), Zinc: 2.13mg (14.17%), Vitamin B5: 1.32mg (13.18%), Vitamin C: 10.53mg (12.77%), Calcium: 102.18mg (10.22%), Vitamin K: 6.62µg (6.3%), Vitamin E: 0.88mg (5.86%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.19µg (1.27%)