Cook the Book: Bacon-Pimento Cheese Bread

READY IN	SERVINGS	CALORIES
45 min.	8	312 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 1 envelope yeast dry
- [ ] 4 slices bacon
- [ ] 1 tablespoon butter melted
- [ ] 3.5 cups flour all-purpose
- [ ] 1 tablespoon chives fresh minced
- [ ] 1 cup milk
- [ ] 1 teaspoon salt
- [ ] 2 ounces sharp cheddar cheese shredded
- [ ] 2 teaspoons sugar

- [ ] 2 tablespoons water

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] sauce pan
- [ ] oven
- [ ] wire rack
- [ ] plastic wrap
- [ ] loaf pan
- [ ] hand mixer

Directions

- [ ] n a medium skillet, fry the bacon over moderate heat till crisp.
- [ ] Drain on paper towels, crumble, and reserve the grease in the skillet.
- [ ] In a small bowl, combine the yeast and water and let proof for about 10 minutes.
- [ ] In a medium saucepan, combine the 3 tablespoons of flour, reserved bacon grease, sugar, and salt, gradually stir in the milk, and cook over moderate heat, stirring constantly, till thick and smooth, about 10 minutes.
- [ ] Remove the pan from the heat, add the chives, cheese, and pimentos, stir till the cheese melts, and let cool slightly.
- [ ] Add the yeast mixture to the cheese mixture, stir, and gradually add the 3 cups of flour, beating with an electric mixer till smooth and adding enough extra flour to make a firm dough. Turn the dough out onto a lightly floured surface and knead till smooth and elastic, about 8 minutes.
- [ ] Place in an oiled bowl, turn to coat the surface, cover with a towel or plastic wrap, and let rise in a warm area till doubled in bulk, about 1 hour.
- [ ] Punch the dough down, transfer to a 9 by 5 by 3-inch loaf pan, cover, and let rise again till doubled in bulk, about 1 hour. Meanwhile, preheat the oven to 350°F.

- [ ] Brush the top of the loaf with melted butter and bake till the loaf sounds hollow when tapped, 35 to 40 minutes. Turn out onto a wire rack and let cool.

Nutrition Facts

PROTEIN **13.09%** FAT **28.61%** CARBS **58.3%**

Properties

Glycemic Index:38.14, Glycemic Load:31.48, Inflammation Score:-5, Nutrition Score:11.079130505738%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 311.5kcal (15.58%), Fat: 9.78g (15.05%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 43.12g (15.68%), Sugar: 2.64g (2.94%), Cholesterol: 21.77mg (7.26%), Sodium: 434.45mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Vitamin B1: 0.58mg (38.36%), Selenium: 23.43µg (33.47%), Folate: 122.49µg (30.62%), Vitamin B2: 0.39mg (22.86%), Vitamin B3: 4.06mg (20.31%), Manganese: 0.38mg (19.05%), Iron: 2.62mg (14.57%), Phosphorus: 144.38mg (14.44%), Calcium: 97.71mg (9.77%), Fiber: 1.72g (6.89%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.56mg (5.65%), Vitamin B12: 0.3µg (4.97%), Magnesium: 19.63mg (4.91%), Copper: 0.09mg (4.57%), Vitamin B6: 0.09mg (4.53%), Potassium: 141.47mg (4.04%), Vitamin A: 184.55IU (3.69%), Vitamin D: 0.42µg (2.81%), Vitamin K: 1.35µg (1.29%), Vitamin E: 0.19mg (1.27%)