

Coriander Bread

READY IN



180 min.

SERVINGS



2

CALORIES



1831 kcal

Ingredients

- ☐ 2 packages yeast dry
- ☐ 1.5 cups milk (105°F to 115°F)
- ☐ 1.5 cups flour whole wheat
- ☐ 0.5 cup honey
- ☐ 0.5 cup butter cooled melted
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 eggs
- ☐ 3 cups flour all-purpose

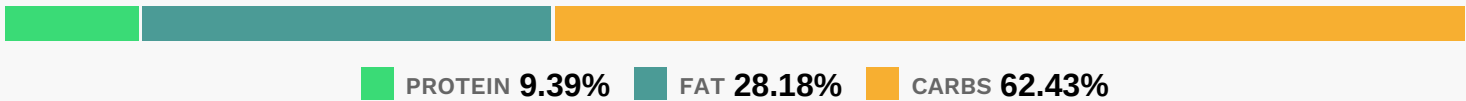
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ ziploc bags

Directions

- ☐ Dissolve yeast in warm milk in large bowl. Stir in remaining ingredients except all-purpose flour. Stir in enough all-purpose flour to make dough easy to handle.
- ☐ Turn dough onto lightly floured surface. Knead 5 to 10 minutes or until smooth and elastic.
- ☐ Place in greased bowl; turn greased side up. Cover and let rise in warm place about 1 hour or until double. Dough is ready if indentation remains when touched.
- ☐ Grease bottoms and sides of 2 loaf pans, 9x5x3 inches. Punch down dough; divide in half. Shape each half into a loaf, 8 inches long.
- ☐ Place loaves in pans. Cover and let rise in warm place 40 to 45 minutes or until double.
- ☐ Heat oven to 375°F.
- ☐ Cut lengthwise slash in top of each loaf.
- ☐ Bake 35 to 40 minutes or until loaves are golden brown and sound hollow when tapped.
- ☐ Remove from pans to wire racks; cool. Store in plastic bag or airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:85.14, Glycemic Load:143.18, Inflammation Score:-10, Nutrition Score:52.227390817974%

Nutrients (% of daily need)

Calories: 1831.45kcal (91.57%), Fat: 58.73g (90.35%), Saturated Fat: 14.36g (89.73%), Carbohydrates: 292.67g (97.56%), Net Carbohydrates: 274.23g (99.72%), Sugar: 79.37g (88.18%), Cholesterol: 103.8mg (34.6%), Sodium: 1812.33mg (78.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.04g (88.09%), Manganese: 5.35mg (267.32%), Vitamin B1: 2.82mg (188.04%), Selenium: 131.63µg (188.04%), Folate: 560.12µg (140.03%), Vitamin B2: 1.77mg (104.24%), Vitamin B3: 18.8mg (94.02%), Phosphorus: 825.24mg (82.52%), Iron: 13.42mg (74.53%), Fiber: 18.45g (73.79%), Magnesium: 206.64mg (51.66%), Vitamin A: 2467.53IU (49.35%), Copper: 0.75mg (37.49%), Zinc: 5.58mg (37.23%), Vitamin B6: 0.74mg (36.87%), Calcium: 349.2mg (34.92%), Vitamin B5: 3.45mg (34.53%), Potassium: 1013.97mg (28.97%), Vitamin B12: 1.25µg (20.76%), Vitamin E: 2.85mg (19.02%), Vitamin D: 2.45µg (16.35%), Vitamin C: 5.19mg (6.29%), Vitamin K: 3.08µg (2.93%)