



## Cornmeal Yeast Bread

READY IN



45 min.

SERVINGS



32

CALORIES



94 kcal

BREAD

### Ingredients

- ☐ 4.5 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 3 cups flour all-purpose divided
- ☐ 0.3 cup butter reduced-calorie
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup warm water (105° to 115°)
- ☐ 0.8 cup cornmeal yellow

# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer

# Directions

- ☐ Combine first 4 ingredients in a saucepan; heat until margarine melts. Cool to 105 to 11
- ☐ Combine yeast and warm water; let stand 5 minutes.
- ☐ Combine milk mixture, yeast mixture, 1 cup flour, cornmeal, and egg in a large mixing bowl; beat mixture at medium speed of an electric mixer until well blended. Gradually stir in enough of 2 to 2 1/2 cups flour to make a soft dough.
- ☐ Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes).
- ☐ Place in a bowl coated with cooking spray; turn to coat top. Cover; let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; divide in half.
- ☐ Roll 1 portion into a 14 x 7-inch rectangle.
- ☐ Roll up, starting at short side, pressing firmly to eliminate air pockets; pinch ends to seal.
- ☐ Place, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Repeat procedure with remaining dough. Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Bake bread at 350 for 30 to 35 minutes or until loaves sound hollow when tapped.
- ☐ Remove from pans immediately, and cool on wire racks.

# Nutrition Facts



 **PROTEIN 10.08%**  **FAT 28.2%**  **CARBS 61.72%**

Properties

Glycemic Index:6.67, Glycemic Load:9.55, Inflammation Score:-2, Nutrition Score:3.0482608948065%

Nutrients (% of daily need)

Calories: 94.34kcal (4.72%), Fat: 2.95g (4.54%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 13.76g (5%), Sugar: 2.77g (3.08%), Cholesterol: 7.53mg (2.51%), Sodium: 105.2mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin B1: 0.15mg (10.33%), Folate: 34.18µg (8.55%), Selenium: 4.86µg (6.94%), Vitamin B2: 0.11mg (6.23%), Manganese: 0.11mg (5.31%), Vitamin B3: 0.97mg (4.86%), Phosphorus: 39.48mg (3.95%), Iron: 0.7mg (3.92%), Fiber: 0.78g (3.14%), Vitamin A: 110.71IU (2.21%), Magnesium: 8.52mg (2.13%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.98%), Vitamin B5: 0.2mg (1.96%), Calcium: 19.32mg (1.93%), Copper: 0.03mg (1.53%), Potassium: 49.86mg (1.42%)