

Cottage Dill Loaf

READY IN



120 min.

SERVINGS



16

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon dill seed
- ☐ 1 tablespoon dehydrated onion dried minced
- ☐ 1 teaspoon salt
- ☐ 1 package yeast dry
- ☐ 1 cup water
- ☐ 0.5 cup curd cottage cheese
- ☐ 2 tablespoons butter softened

- ☐ 1 teaspoon dehydrated onion dried minced
- ☐ 1 teaspoon dill seed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ In large bowl, mix 1 cup of the flour, the sugar, 1 tablespoon dill seed, 1 tablespoon onion, the salt and yeast. In 1-quart saucepan, heat water, cottage cheese and butter over medium heat, stirring frequently, until very warm (120°F to 130°F); stir into flour mixture until blended. Stir in enough remaining flour to make dough easy to handle.
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead about 8 minutes or until smooth and springy. Grease large bowl with shortening or cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 hour or until dough has doubled in size. (If using fast-acting yeast, do not let rise 1 hour; cover and let rest on floured surface 10 minutes.)
- ☐ Grease large cookie sheet with shortening or cooking spray. Shape dough into oval loaf, about 12 inches long and 4 inches wide, tapering both ends slightly.
- ☐ Place on cookie sheet. Cover; let rise in warm place 30 to 45 minutes or until double.
- ☐ Heat oven to 375°F.
- ☐ Brush water over dough; sprinkle with 1 teaspoon onion and 1 teaspoon dill seed. Make long slash, 1/4 inch deep, down center of loaf with sharp knife.
- ☐ Bake 10 minutes, spraying 3 separate times with water (use bottle with fine spray).
- ☐ Bake 15 to 20 minutes longer or until loaf is golden brown and sounds hollow when tapped.
- ☐ Remove from cookie sheet to cooling rack; cool.

Nutrition Facts



 **PROTEIN 12.47%**  **FAT 16.42%**  **CARBS 71.11%**

Properties

Glycemic Index:10.76, Glycemic Load:13.52, Inflammation Score:-2, Nutrition Score:4.3030434979693%

Nutrients (% of daily need)

Calories: 112.46kcal (5.62%), Fat: 2.04g (3.14%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.94g (6.89%), Sugar: 1.22g (1.35%), Cholesterol: 1.12mg (0.37%), Sodium: 184.19mg (8.01%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.48g (6.97%), Vitamin B1: 0.24mg (15.96%), Folate: 55.02µg (13.75%), Selenium: 8.72µg (12.45%), Manganese: 0.18mg (9.02%), Vitamin B2: 0.15mg (8.64%), Vitamin B3: 1.59mg (7.94%), Iron: 1.2mg (6.68%), Phosphorus: 42.32mg (4.23%), Fiber: 0.92g (3.69%), Copper: 0.05mg (2.35%), Vitamin B5: 0.21mg (2.08%), Magnesium: 8.08mg (2.02%), Calcium: 20mg (2%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.57%), Potassium: 53.38mg (1.53%), Vitamin A: 72.18IU (1.44%)