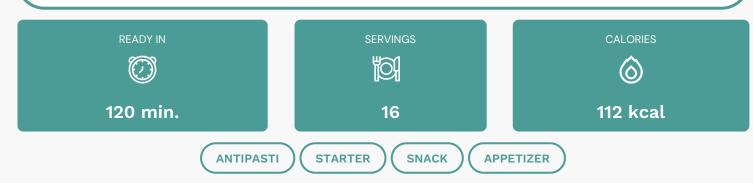


Cottage Dill Loaf



Ingredients

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

	1 cup water
	1 package yeast dry
Eq	uipment
	bowl
	baking sheet
	sauce pan
	oven
	knife
	wire rack
Di	rections
	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 (120F to 130F); 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 375F.
	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: Og (100%), Alcohol %: O% (100%), 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%)