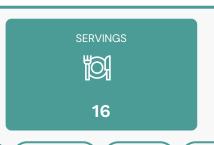


Cottage Dill Loaf







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

1 package yeast dry

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; cove 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

Properties

Glycemic Index:10.76, Glycemic Load:13.52, Inflammation Score:-2, Nutrition Score:4.0956521471557%

Nutrients (% of daily need)

Calories: 110.11kcal (5.51%), Fat: 1.98g (3.04%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 18.57g (6.75%), Sugar: 1.1g (1.22%), Cholesterol: 1.12mg (0.37%), Sodium: 184.05mg (8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin B1: 0.24mg (15.74%), Folate: 54.46µg (13.61%), Selenium: 8.65µg (12.36%), Vitamin B2: 0.15mg (8.56%), Manganese: 0.17mg (8.42%), Vitamin B3: 1.57mg (7.87%), Iron: 1.13mg (6.27%), Phosphorus: 40.23mg (4.02%), Fiber: 0.81g (3.23%), Copper: 0.04mg (2.12%), Vitamin B5: 0.2mg (2.04%), Magnesium: 6.74mg (1.69%), Zinc: 0.24mg (1.6%), Vitamin A: 71.91lU (1.44%), Calcium: 12.94mg (1.29%), Vitamin B6: 0.03mg (1.27%), Potassium: 43.41mg (1.24%)