

Cottage Dill Loaf

READY IN



120 min.

SERVINGS



16

CALORIES



110 kcal

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; 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 **12.46%**  FAT **16.34%**  CARBS **71.2%**

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: 71.91IU (1.44%), Calcium: 12.94mg (1.29%), Vitamin B6: 0.03mg (1.27%), Potassium: 43.41mg (1.24%)