



Country Crust Cheese Bread

 Vegetarian

READY IN



230 min.

SERVINGS



3

CALORIES



1500 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 oz active yeast dry
- ☐ 6 cups bread flour
- ☐ 1.5 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon salt
- ☐ 4 oz freshly sharp cheddar cheese shredded
- ☐ 0.5 cup sugar

- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups warm water (105° to 115°)

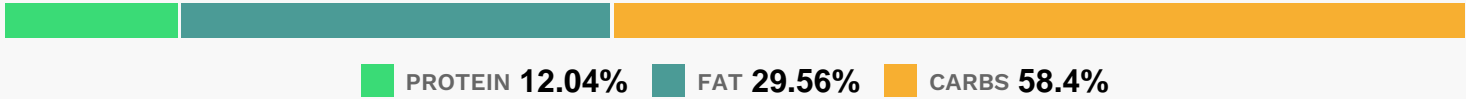
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Combine yeast, warm water, and 2 tsp. sugar in bowl of a heavy-duty electric stand mixer; let stand 5 minutes. Stir in eggs, next 3 ingredients, 3 cups flour, and remaining sugar. Beat dough at medium speed, using paddle attachment, until smooth. Gradually beat in remaining 3 to 3 1/2 cups flour until a soft dough forms.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 8 to 10 minutes), sprinkling surface with flour as needed.
- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, about 1 hour or until doubled in bulk.
- ☐ Punch dough down; turn out onto a lightly floured surface. Divide dough in half.
- ☐ Roll each dough half into an 18- x 9-inch rectangle; sprinkle cheese evenly onto each dough rectangle. Starting at 1 short end, tightly roll up each rectangle, jelly-roll fashion, pressing to seal edges as you roll. Pinch ends of dough to seal, and tuck ends under dough.
- ☐ Place each dough roll, seam side down, in a lightly greased 9- x 5-inch loaf pan.
- ☐ Brush tops with oil. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped.
- ☐ Remove from pans to a wire rack, and brush loaves with melted butter.
- ☐ Let cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:71.36, Glycemic Load:140.99, Inflammation Score:-7, Nutrition Score:31.373043443846%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1500.04kcal (75%), Fat: 49.03g (75.43%), Saturated Fat: 16.02g (100.13%), Carbohydrates: 217.98g (72.66%), Net Carbohydrates: 210.7g (76.62%), Sugar: 34.42g (38.24%), Cholesterol: 176.85mg (58.95%), Sodium: 2680.71mg (116.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.94g (89.89%), Selenium: 120.83µg (172.62%), Manganese: 2.02mg (100.79%), Folate: 217.88µg (54.47%), Phosphorus: 513.8mg (51.38%), Vitamin B1: 0.75mg (49.71%), Vitamin K: 44.01µg (41.92%), Vitamin B2: 0.67mg (39.26%), Calcium: 333.31mg (33.33%), Fiber: 7.29g (29.14%), Zinc: 4.35mg (29.01%), Copper: 0.54mg (27.11%), Vitamin E: 3.66mg (24.4%), Vitamin B5: 2.41mg (24.14%), Vitamin B3: 4.45mg (22.26%), Magnesium: 81.33mg (20.33%), Iron: 3.04mg (16.9%), Vitamin A: 738.98IU (14.78%), Vitamin B6: 0.25mg (12.43%), Vitamin B12: 0.71µg (11.88%), Potassium: 378.21mg (10.81%), Vitamin D: 0.89µg (5.96%), Vitamin C: 1.95mg (2.36%)