



Country Crust Wheat Bread

 Vegetarian

READY IN



230 min.

SERVINGS



3

CALORIES



1350 kcal

Ingredients

- ☐ 0.5 oz active yeast dry
- ☐ 3 cups bread flour
- ☐ 1.5 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon vegetable oil

- ☐ 2 cups warm water (105° to 115°)
- ☐ 3 cups flour

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 wheat flour, and remaining sugar. Beat dough at medium speed, using paddle attachment, until smooth. Gradually beat in 3 to 3 1/2 cups bread 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. 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



 **PROTEIN 10.16%**  **FAT 23.7%**  **CARBS 66.14%**

Properties

Glycemic Index:87.36, Glycemic Load:151.02, Inflammation Score:-8, Nutrition Score:35.052608852801%

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: 1349.56kcal (67.48%), Fat: 35.33g (54.35%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 221.79g (73.93%), Net Carbohydrates: 214.12g (77.86%), Sugar: 34.25g (38.05%), Cholesterol: 139.05mg (46.35%), Sodium: 2433.5mg (105.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.15%), Selenium: 102.89µg (146.98%), Vitamin B1: 1.62mg (107.72%), Folate: 397.44µg (99.36%), Manganese: 1.87mg (93.73%), Vitamin B2: 1.04mg (61.37%), Vitamin B3: 10.56mg (52.81%), Iron: 7.66mg (42.54%), Vitamin K: 43.1µg (41.05%), Phosphorus: 354.43mg (35.44%), Fiber: 7.66g (30.64%), Copper: 0.48mg (24.11%), Vitamin B5: 2.26mg (22.58%), Vitamin E: 2.95mg (19.68%), Zinc: 2.78mg (18.51%), Magnesium: 67.38mg (16.84%), Vitamin B6: 0.23mg (11.57%), Potassium: 357.85mg (10.22%), Vitamin A: 357.73IU (7.15%), Calcium: 66.07mg (6.61%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.67µg (4.44%), Vitamin C: 1.95mg (2.36%)