



Crusty White Bread

READY IN



150 min.

SERVINGS



16

CALORIES



195 kcal

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 6 cups bread flour
- ☐ 2 tablespoons butter softened
- ☐ 1 cup milk
- ☐ 1 tablespoon salt
- ☐ 2 cups water
- ☐ 1 tablespoon sugar white

Equipment

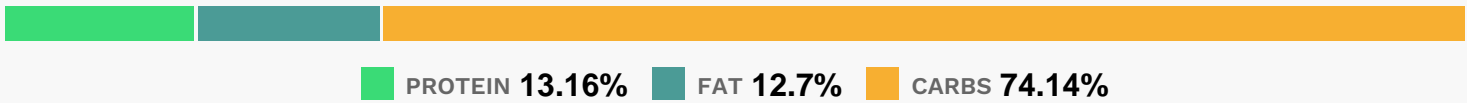
- ☐ oven

- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ In a small mixing bowl, dissolve yeast and sugar in the warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a large mixing bowl, combine the yeast mixture with the milk, the butter or margarine, 4 cups of the flour and the salt; stir until well combined.
- ☐ Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.
- ☐ Lightly oil a large mixing bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and put in a warm place to rise until doubled in volume, about 1 hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.
- ☐ Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.
- ☐ Mist loaves with water and bake at 400 degrees F (200 degrees C) oven for 20 to 30 minutes or until the loaves are golden brown and the bottom of a loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:22.82, Inflammation Score:-2, Nutrition Score:4.7147825519838%

Nutrients (% of daily need)

Calories: 195.46kcal (9.77%), Fat: 2.72g (4.18%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 34.42g (12.52%), Sugar: 1.63g (1.81%), Cholesterol: 1.83mg (0.61%), Sodium: 461mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.67%), Selenium: 18.94µg (27.06%), Manganese: 0.37mg (18.73%), Folate: 27.19µg (6.8%), Vitamin B1: 0.1mg (6.75%), Phosphorus: 64.46mg (6.45%), Fiber: 1.26g (5.04%), Copper: 0.09mg (4.64%), Vitamin B2: 0.07mg (4.12%), Magnesium: 14.18mg (3.54%), Vitamin B3: 0.69mg

(3.43%), Zinc: 0.5mg (3.37%), Vitamin B5: 0.33mg (3.31%), Calcium: 27.63mg (2.76%), Iron: 0.44mg (2.43%), Potassium: 75.36mg (2.15%), Vitamin A: 88.24IU (1.76%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.25mg (1.66%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.17µg (1.12%)