



Cuban-Style Bread

 Dairy Free

READY IN



185 min.

SERVINGS



3

CALORIES



1053 kcal

BREAD

Ingredients

- ☐ 4 packets yeast dry
- ☐ 1.5 pounds flour plus more if necessary
- ☐ 1 pint ice water
- ☐ 3 servings oil for coating
- ☐ 1 tablespoon salt
- ☐ 1 ounce shortening lard or vegetable
- ☐ 1 tablespoon sugar
- ☐ 1 leaves palmetto) for creating a seam unbleached or colored shoe strings can be used

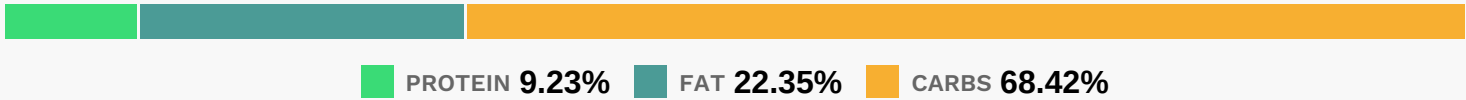
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a mixing machine fitted with a dough hook, add the water, salt, sugar, shortening, and yeast.
- ☐ Add the flour slowly, making a stiff dough that is silky smooth.
- ☐ Turn dough out into a large oiled bowl, cover with a cloth.
- ☐ Place dough in a warm place, and allow to double in bulk.
- ☐ Turn the dough out onto a lightly floured surface. Pound and knead the dough, until it is silky smooth. Return the dough to the bowl, cover, and let rise again, until doubled in bulk.
- ☐ Meanwhile, sterilize the palmetto leaves or shoe strings by soaking them in boiling water.
- ☐ Portion dough into 10-ounce loaves. As a loaf is formed, immediately place a palmetto leaf or shoestring down the length of the loaf, and turn the loaf over onto a baking sheet, leaf/string side down. Repeat with the remaining loaves.
- ☐ Let the dough rise, leaf side down, for 30 minutes.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Bake loaves until they are golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:128, Inflammation Score:-8, Nutrition Score:31.953477881039%

Nutrients (% of daily need)

Calories: 1052.57kcal (52.63%), Fat: 25.79g (39.67%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 177.6g (59.2%), Net Carbohydrates: 171.12g (62.23%), Sugar: 4.6g (5.12%), Cholesterol: 0mg (0%), Sodium: 2339mg (101.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.93%), Vitamin B1: 1.93mg (128.59%), Folate:

446.24µg (111.56%), Selenium: 77.02µg (110.03%), Manganese: 1.56mg (77.85%), Vitamin B3: 13.93mg (69.63%), Vitamin B2: 1.17mg (69.09%), Iron: 10.58mg (58.78%), Fiber: 6.48g (25.93%), Phosphorus: 253.43mg (25.34%), Vitamin E: 3.17mg (21.1%), Copper: 0.36mg (17.99%), Vitamin K: 15.69µg (14.95%), Magnesium: 52.25mg (13.06%), Vitamin B5: 1.24mg (12.38%), Zinc: 1.72mg (11.44%), Potassium: 255.97mg (7.31%), Vitamin B6: 0.12mg (5.99%), Calcium: 40.73mg (4.07%)