



Dan's Holiday Whole-Wheat Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

BREAD

Ingredients

- 4.5 cups flour all-purpose divided
- 2 teaspoons salt
- 1 cup warm water (105° to 115°)
- 1.3 cups water
- 1.5 cups flour whole-wheat divided
- 0.5 teaspoon yeast

Equipment

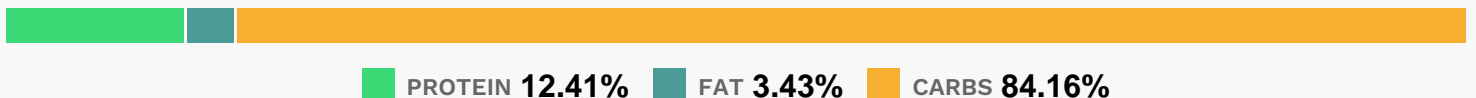
- bowl

- oven
- knife
- hand mixer

Directions

- Dissolve yeast in 1 cup warm water in a large bowl, and let stand 5 minutes. Stir in 1 cup all-purpose flour and 1 cup whole-wheat flour. Cover and let stand for at least 5 hours or overnight.
- Combine yeast mixture and 1 1/3 cups water using the paddle attachment of an electric mixer. Switch to the dough hook attachment, and slowly add remaining all-purpose and whole-wheat flour. Knead with dough hook 10 minutes.
- Add salt, and continue to knead 5 minutes or until smooth.
- Place dough in a very large, lightly greased bowl, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 2 hours or until tripled in bulk.
- Turn dough out onto a lightly floured surface; knead by hand to form a tight ball. Return dough to lightly greased bowl. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Place a baking stone on oven rack in oven, and preheat to 45
- Slide rack out of oven, and place dough on baking stone. Score the top of the dough 2 or 3 times with a sharp knife, and slide rack back into oven. Spray dough with water to create steam.
- Bake 25 minutes; reduce heat to 40
- Bake an additional 10 to 15 minutes or until bread sounds hollow when tapped.
- Remove bread, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:38.82, Inflammation Score:-6, Nutrition Score:15.649999692712%

Nutrients (% of daily need)

Calories: 333.07kcal (16.65%), Fat: 1.27g (1.95%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 69.93g (23.31%), Net Carbohydrates: 65.57g (23.84%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 586.78mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Manganese: 1.4mg (69.84%), Selenium: 37.76µg (53.94%), Vitamin B1: 0.69mg (45.75%), Folate: 143.12µg (35.78%), Vitamin B3: 5.34mg (26.72%), Vitamin B2: 0.39mg (23.07%), Iron: 4.08mg (22.68%), Fiber: 4.36g (17.43%), Phosphorus: 157.5mg (15.75%), Magnesium: 47.1mg (11.78%), Copper: 0.21mg (10.29%), Zinc: 1.1mg (7.34%), Vitamin B6: 0.13mg (6.27%), Vitamin B5: 0.47mg (4.7%), Potassium: 158.89mg (4.54%), Calcium: 20.69mg (2.07%), Vitamin E: 0.2mg (1.35%)