



Dan's Old Fashioned White Bread

 Vegetarian  Gluten Free

READY IN



215 min.

SERVINGS



12

CALORIES



110 kcal

Ingredients

- 2 teaspoons active yeast dry
- 0.3 cup butter softened
- 0.3 cup honey
- 2 cups milk
- 1 teaspoon salt
- 0.3 cup sugar white

Equipment

- bowl
- oven

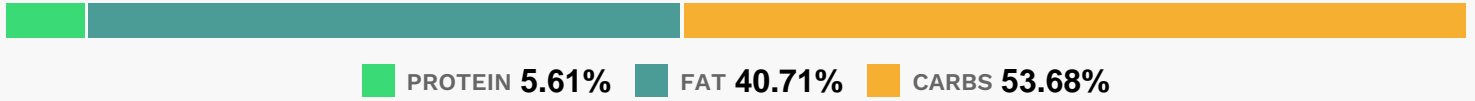
- knife
- mixing bowl
- loaf pan
- stand mixer
- microwave
- kitchen towels

Directions

- Pour milk in a heatproof bowl, and gently warm in a microwave oven set on Low until milk is about 100 degrees F (38 degrees C), about 15 seconds.
- Mix in the sugar and honey, and stir to dissolve.
- Mix in the yeast, and let stand until the yeast activates and forms a creamy layer on the milk, about 15 minutes.
- Place 4 cups of bread flour and the salt into the mixing bowl of a stand mixer; pour in the yeast mixture, and mix on slow speed with a mixing paddle until thoroughly combined, about 1 minute; dough will be very wet.
- Add the butter, and mix in the remaining 2 cups of bread flour, or as needed, until the dough begins to gather itself into a ball. Change the fitting from the mixing paddle to a dough hook, and machine-knead the dough until smooth and springy, about 4 minutes.
- Transfer the dough onto a well-floured work surface, and knead until you see the surface of the dough begin to break during folding and kneading.
- Roll dough into a ball, and place into a lightly floured large bowl. Cover the bowl with a kitchen towel, and set into a warm place to rise until doubled, about 1 hour.
- Spray 2 9x5-inch loaf pans with cooking spray.
- Punch down the dough, remove to the floured surface, and knead for 2 more minutes; cut the dough in half with a sharp knife. Form the dough into logs, adding more flour if necessary, and place the loaves into the sprayed pans. Cover the pans with a kitchen towel, and place into a warm place to rise until doubled, about 1 more hour.
- Preheat oven to 400 degrees F (200 degrees C).
- Place the bread loaves into the preheated oven, and turn the heat down to 350 degrees F (175 degrees C).

Bake until the tops are golden brown and the loaves make a hollow sound when thumped, about 25 minutes. Cool the pans on baking racks for about 5 minutes before turning the bread loaves out to finish cooling on racks. Cover the loaves with a kitchen towel as they cool.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:8.65, Inflammation Score:-2, Nutrition Score:2.1121739134516%

Nutrients (% of daily need)

Calories: 110.01kcal (5.5%), Fat: 5.19g (7.99%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 15.25g (5.55%), Sugar: 15.23g (16.93%), Cholesterol: 15.05mg (5.02%), Sodium: 240.35mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin B1: 0.08mg (5.34%), Calcium: 52.05mg (5.21%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 45.89mg (4.59%), Vitamin B12: 0.23µg (3.8%), Vitamin A: 184.06IU (3.68%), Folate: 12.46µg (3.12%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.23mg (2.33%), Potassium: 72.13mg (2.06%), Vitamin B6: 0.04mg (1.75%), Zinc: 0.23mg (1.56%), Selenium: 0.97µg (1.39%), Magnesium: 5.45mg (1.36%), Vitamin B3: 0.26mg (1.32%)