



Dilly Bread

READY IN



145 min.

SERVINGS



8

CALORIES



192 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 0.3 teaspoon baking soda
- 1 cup curd cottage cheese
- 2 teaspoons dill seed
- 1 teaspoon onion dried minced
- 1 eggs
- 2.3 cups flour all-purpose
- 1 teaspoon kosher salt
- 1 tablespoon butter melted

- 1 teaspoon salt
- 0.3 cup warm water
- 2 tablespoons sugar white

Equipment

- bowl
- sauce pan
- oven

Directions

- Stir the yeast into the warm water, and add a pinch of sugar. Set aside to proof.
- In a large saucepan, warm the cottage cheese and margarine until the fat is melted.
- Remove from heat, and add sugar, onion flakes, dill seed, salt, and soda.
- Mix in egg and dissolved yeast. Stir in flour for a stiff dough.
- Place dough in a greased bowl, and turn several times to thoroughly coat.
- Let rise until double in size in a warm place, usually 50 to 60 minutes.
- Stir the dough until it is deflated.
- Place into an 8 inch round, buttered 2 quart casserole.
- Let rise 30 to 40 minutes in a warm place.
- Bake at 350 degrees F (175 degrees C) for 40 to 50 minutes until golden brown.
- Brush top with melted margarine.
- Sprinkle lightly with salt.

Nutrition Facts



PROTEIN 16.25% **FAT 16.8%** **CARBS 66.95%**

Properties

Glycemic Index:21.51, Glycemic Load:21.74, Inflammation Score:-4, Nutrition Score:7.5608694974495%

Nutrients (% of daily need)

Calories: 192.32kcal (9.62%), Fat: 3.56g (5.48%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 30.57g (11.12%), Sugar: 4.04g (4.49%), Cholesterol: 24.92mg (8.31%), Sodium: 724.36mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin B1: 0.39mg (25.88%), Selenium: 16.34µg (23.34%), Folate: 91.89µg (22.97%), Vitamin B2: 0.28mg (16.49%), Manganese: 0.26mg (13.22%), Vitamin B3: 2.48mg (12.42%), Iron: 1.87mg (10.37%), Phosphorus: 99.96mg (10%), Fiber: 1.36g (5.42%), Vitamin B5: 0.51mg (5.14%), Calcium: 41.09mg (4.11%), Copper: 0.07mg (3.73%), Zinc: 0.53mg (3.56%), Magnesium: 13.02mg (3.26%), Vitamin B6: 0.06mg (3.08%), Potassium: 98.1mg (2.8%), Vitamin B12: 0.16µg (2.74%), Vitamin A: 129.44IU (2.59%), Vitamin E: 0.16mg (1.03%)