



Easy No-Knead Wheat Bread

 Dairy Free

READY IN



250 min.

SERVINGS



24

CALORIES



170 kcal

BREAD

Ingredients

- 2 packages yeast dry
- 0.5 cup butter melted
- 24 servings cornmeal
- 3 eggs
- 2 cups flour all-purpose gold medal®
- 1 teaspoon salt
- 0.5 cup sugar
- 1 cup water (120°F to 130°F)

- 2 cups flour whole wheat gold medal®

Equipment

- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- hand mixer
- serrated knife

Directions

- In large bowl, mix whole wheat flour, sugar, salt and yeast.
- Add water, butter and eggs; beat with electric mixer on low speed 1 minute to moistened ingredients. Beat on medium speed 2 minutes. Stir in enough all-purpose flour to make a stiff dough. Cover tightly with plastic wrap; refrigerate at least 2 hours or up to 4 days.
- Grease large cookie sheet with shortening or cooking spray; sprinkle with cornmeal, shaking off excess. Divide dough in half. (One half of dough can be shaped and baked; other half can be shaped and baked at another time.)
- With floured hands, shape each half of dough into a smooth ball by stretching surface of dough around to bottom on all 4 sides; pinch bottom to seal.
- Place on cookie sheet. (If baking both loaves at same time, place on same cookie sheet about 5 inches apart.) Cover loosely with plastic wrap; let rise in warm place about 1 1/2 hours or until double in size.
- Heat oven to 375°F. Uncover dough; carefully slash tic-tac-toe pattern on each loaf top with serrated knife.
- Sprinkle loaf lightly with flour.
- Bake 20 to 25 minutes or until loaves are golden brown. Immediately remove from cookie sheet to cooling rack; cool.

Nutrition Facts



■ PROTEIN 10.07% ■ FAT 27.72% ■ CARBS 62.21%

Properties

Glycemic Index:8.9, Glycemic Load:13.01, Inflammation Score:-3, Nutrition Score:6.4826086867277%

Nutrients (% of daily need)

Calories: 170.12kcal (8.51%), Fat: 5.33g (8.2%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 24.46g (8.89%), Sugar: 4.4g (4.89%), Cholesterol: 20.46mg (6.82%), Sodium: 150.94mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Manganese: 0.55mg (27.28%), Selenium: 12.07µg (17.24%), Vitamin B1: 0.23mg (15.25%), Folate: 43.14µg (10.79%), Fiber: 2.45g (9.79%), Phosphorus: 85.14mg (8.51%), Vitamin B3: 1.6mg (7.99%), Vitamin B2: 0.13mg (7.55%), Magnesium: 27.91mg (6.98%), Iron: 1.25mg (6.97%), Vitamin B6: 0.12mg (6.14%), Zinc: 0.76mg (5.08%), Copper: 0.09mg (4.43%), Vitamin A: 199.76IU (4%), Vitamin B5: 0.33mg (3.32%), Potassium: 94.9mg (2.71%), Vitamin E: 0.32mg (2.12%), Calcium: 10.63mg (1.06%)