

Farmer's Bread

 Vegetarian

READY IN



150 min.

SERVINGS



24

CALORIES



148 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.3 cup butter diced chilled
- 6.5 cups flour all-purpose
- 1 teaspoon salt
- 2 cups water (110 degrees F/45 degrees C)

Equipment

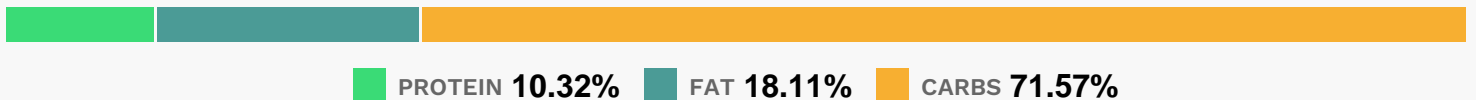
- bowl
- frying pan

- baking sheet
- oven
- wire rack

Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand until creamy, about 10 minutes.
- In a large bowl, combine 4 cups of flour and salt.
- Cut in the butter and stir in the yeast mixture. Beat in the remaining flour, 1/2 cup at a time. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 10 minutes. Butter a large bowl, place the dough in the bowl, and turn to coat. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large baking sheet.
- Deflate the dough and turn it out onto a lightly floured surface. Form the dough into a large oval loaf.
- Place onto the prepared pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes. When the loaf is risen, cut a 1/2 inch deep cross onto the top of it.
- Brush the top with water before baking.
- Bake in preheated oven for 25 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake for an additional 15 minutes, or until bottom of loaf sounds hollow when tapped.
- Let cool on a wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:18.69, Inflammation Score:-3, Nutrition Score:5.3717390755596%

Nutrients (% of daily need)

Calories: 147.75kcal (7.39%), Fat: 2.93g (4.51%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 25.01g (9.09%), Sugar: 0.09g (0.1%), Cholesterol: 6.78mg (2.26%), Sodium: 119.13mg (5.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin B1: 0.33mg (22.06%), Folate: 75.87µg (18.97%), Selenium: 11.56µg (16.51%), Manganese: 0.23mg (11.65%), Vitamin B2: 0.19mg (11.29%), Vitamin B3: 2.24mg (11.19%), Iron: 1.59mg (8.81%), Fiber: 1.07g (4.29%), Phosphorus: 41.08mg (4.11%), Copper: 0.05mg (2.73%), Vitamin B5: 0.23mg (2.31%), Magnesium: 8.03mg (2.01%), Zinc: 0.29mg (1.93%), Vitamin A: 78.79IU (1.58%), Potassium: 42.64mg (1.22%), Vitamin B6: 0.02mg (1.19%)