

Taste of Home

 **41%**
HEALTH SCORE

Butternut Squash Bread

 Vegetarian

READY IN



50 min.

SERVINGS



3

CALORIES



1466 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup water (110° to 115°)
- 1.3 cups butternut squash cooked mashed
- 1 cup milk whole (110° to 115°)
- 2 large eggs beaten
- 0.3 cup butter melted
- 0.3 cup sugar
- 1 teaspoon salt

7 cups flour all-purpose

Equipment

bowl

oven

loaf pan

Directions

In a large bowl, dissolve yeast in warm water.

Add squash, milk, eggs, butter, sugar and salt; mix well. Gradually add 3-1/2 cups flour; beat until smooth.

Add enough remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes.

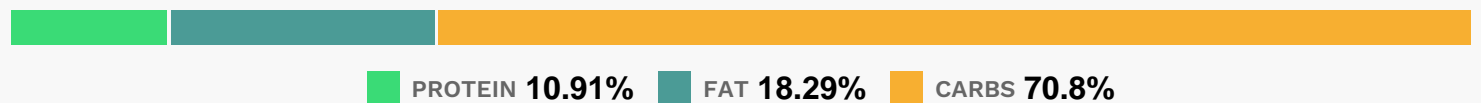
Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Shape into three loaves; place in greased 8x4-in. loaf pans. Cover and let rise until doubled, about 30 minutes.

Bake at 375° for 25-30 minutes or until tops are golden.

Remove from pans to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:77.7, Glycemic Load:177.99, Inflammation Score:-10, Nutrition Score:47.525217087372%

Nutrients (% of daily need)

Calories: 1466.14kcal (73.31%), Fat: 29.58g (45.5%), Saturated Fat: 16.03g (100.2%), Carbohydrates: 257.52g (85.84%), Net Carbohydrates: 247.21g (89.89%), Sugar: 28.3g (31.44%), Cholesterol: 187.99mg (62.66%), Sodium: 1028.35mg (44.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.41%), Vitamin B1: 2.93mg (195.19%), Folate: 676.49µg (169.12%), Selenium: 111.71µg (159.58%), Vitamin A: 7142.9IU (142.86%), Vitamin B2: 1.92mg (112.87%), Manganese: 2.14mg (106.86%), Vitamin B3: 19.94mg (99.7%), Iron: 14.65mg (81.39%), Phosphorus:

518.55mg (51.85%), Fiber: 10.31g (41.25%), Vitamin B5: 2.99mg (29.91%), Copper: 0.52mg (25.79%), Magnesium: 101.23mg (25.31%), Zinc: 3.3mg (21.99%), Potassium: 737.2mg (21.06%), Calcium: 199.81mg (19.98%), Vitamin B6: 0.4mg (19.8%), Vitamin C: 12.26mg (14.87%), Vitamin E: 1.99mg (13.27%), Vitamin B12: 0.78µg (13.03%), Vitamin D: 1.56µg (10.41%), Vitamin K: 3.65µg (3.47%)