

French Herb Bread

READY IN



160 min.

SERVINGS



8

CALORIES



261 kcal

BREAD

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 3.5 cups flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons butter
- ☐ 1 cup milk
- ☐ 0.5 cup onion minced
- ☐ 1 tablespoon parsley minced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

- ☐ 1 tablespoon distilled vinegar white
- ☐ 2 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ In a large bowl combine the yeast, sugar, 1 teaspoon of the salt and 1 1/2 cups of the flour.
- ☐ In a sauce pan combine the milk, water and 1/4 cup of the butter or margarine until 110 degrees F (38 degrees C).
- ☐ Add milk mixture and vinegar to the flour mixture and blend at low speed of the mixer until moistened. Beat at medium speed for 3 minutes.
- ☐ Stir in 1 1/2 cups additional flour to form a sticky dough. Turn dough out onto a floured surface and knead adding 1/2 to 1 cup more of flour until dough is smooth and pliable.
- ☐ Place dough in a greased bowl and let rise in a warm place until doubled in volume.
- ☐ Punch down dough and roll into a rectangle shape about 16x8 inches.
- ☐ In a saucepan heat the onion, garlic, 1/2 teaspoon salt, parsley and 2 tablespoons butter or margarine until butter or margarine is melted.
- ☐ Spread over the dough rectangle and starting from the 16 inch side roll the dough up tightly like a jelly roll.
- ☐ Place the bread seam side down onto a greased cookie sheet and let rise until doubled in sized.
- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Bake bread until golden brown about 20 to 30 minutes.
- ☐ Brush hot bread with melted butter and sprinkle with chopped parsley.

Nutrition Facts



 **PROTEIN 10.92%**  **FAT 15.35%**  **CARBS 73.73%**

Properties

Glycemic Index:40.26, Glycemic Load:33.07, Inflammation Score:-5, Nutrition Score:9.9269567261571%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 260.8kcal (13.04%), Fat: 4.39g (6.76%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.67g (16.61%), Sugar: 5.04g (5.6%), Cholesterol: 3.66mg (1.22%), Sodium: 192.47mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin B1: 0.51mg (33.83%), Folate: 114.48µg (28.62%), Selenium: 19.29µg (27.56%), Vitamin B2: 0.34mg (19.87%), Manganese: 0.4mg (19.87%), Vitamin B3: 3.48mg (17.42%), Iron: 2.61mg (14.5%), Phosphorus: 97.7mg (9.77%), Vitamin K: 8.5µg (8.1%), Fiber: 1.81g (7.22%), Calcium: 51.05mg (5.1%), Copper: 0.09mg (4.43%), Vitamin B5: 0.44mg (4.4%), Magnesium: 17.51mg (4.38%), Vitamin A: 216.96IU (4.34%), Zinc: 0.58mg (3.84%), Potassium: 129.51mg (3.7%), Vitamin B6: 0.07mg (3.38%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.53mg (1.86%), Vitamin E: 0.16mg (1.08%)