

French Onion Bread

 Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



1025 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 1 cup water (110° to 115°)
- 5.3 cups flour all-purpose divided
- 4 tablespoons sugar divided
- 0.8 teaspoon salt
- 1.3 cups water hot (120° to 130°)
- 1 envelope onion soup mix
- 3 tablespoons shortening

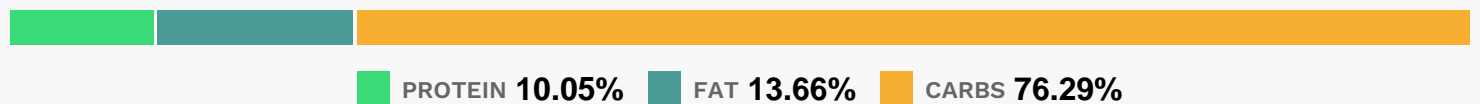
Equipment

- bowl
- oven
- loaf pan

Directions

- In a bowl, dissolve yeast in warm water.
- Add 1/2 cup flour, 2 tablespoons sugar and salt; beat until smooth, about 1 minute. Cover and let rise in a warm place for 20 minutes.
- In a small bowl, combine hot water, soup mix, shortening and remaining sugar. Cool to 115°.
- Add to yeast mixture with 2 cups flour; mix for 1-2 minutes. Stir in 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 the dough down; divide into thirds. Shape into loaves; place in three greased 8x4-in. loaf pans. Cover and let rise until doubled, about 30 minutes.
- Bake at 375° for 30 minutes or until golden brown.
- Remove from pans to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:131.94, Inflammation Score:-8, Nutrition Score:33.143043659465%

Nutrients (% of daily need)

Calories: 1025.42kcal (51.27%), Fat: 15.4g (23.69%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 193.49g (64.5%), Net Carbohydrates: 185.43g (67.43%), Sugar: 17.18g (19.09%), Cholesterol: 0mg (0%), Sodium: 1668.5mg (72.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51.01%), Vitamin B1: 2.28mg (151.78%), Folate: 510.88µg

(127.72%), Selenium: 75.29µg (107.56%), Manganese: 1.6mg (79.87%), Vitamin B2: 1.31mg (77.01%), Vitamin B3: 15.01mg (75.05%), Iron: 10.44mg (58.01%), Fiber: 8.06g (32.23%), Phosphorus: 294.48mg (29.45%), Copper: 0.41mg (20.63%), Vitamin B5: 1.8mg (17.97%), Magnesium: 60.47mg (15.12%), Zinc: 2.08mg (13.84%), Vitamin B6: 0.24mg (12.24%), Potassium: 375.76mg (10.74%), Vitamin K: 7.67µg (7.31%), Vitamin E: 0.93mg (6.22%), Calcium: 59.27mg (5.93%)