

Fresh Yeast Bread

 Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



1394 kcal

Ingredients

- 15 cups bread flour
- 1 tablespoon salt
- 0.5 cup shortening
- 1 cup warm water (110 degrees F/45 degrees C)
- 4 cups water hot
- 0.8 cup sugar white
- 1.2 ounce cakes compressed yeast fresh

Equipment

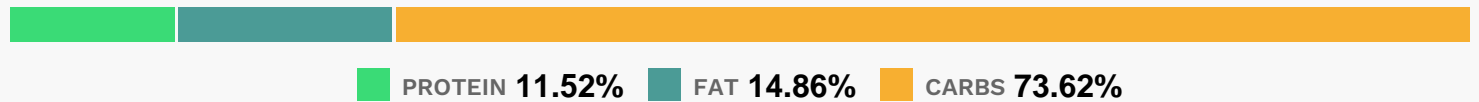
- bowl

- oven
- loaf pan

Directions

- In a small bowl, dissolve yeast in warm water.
- Let stand 10 minutes.
- In a very large bowl, combine hot water, white sugar, salt and shortening. Stir to dissolve shortening; let cool to lukewarm.
- Add the yeast mixture and 6 cups of flour; beat well. Stir in the remaining flour, 1 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 15 minutes.
- Lightly oil two large bowls Divide the dough in half and place each half in a bowl; turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- Deflate dough, form into rounds and let rise again until doubled, about 30 minutes.
- Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into six equal pieces and form into loaves.
- Place the loaves into six lightly greased 9x5 inch loaf pans. Cover the loaves and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Bake in preheated oven for 35 to 40 minutes, until loaves are golden brown and bottoms sound hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:164.29, Inflammation Score:-6, Nutrition Score:26.189999838076%

Nutrients (% of daily need)

Calories: 1393.82kcal (69.69%), Fat: 22.78g (35.05%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 253.89g (84.63%), Net Carbohydrates: 244.87g (89.04%), Sugar: 25.92g (28.8%), Cholesterol: 0mg (0%), Sodium: 1182.67mg (51.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.46%), Selenium: 124.66µg

(178.09%), Manganese: 2.5mg (124.83%), Folate: 235.8µg (58.95%), Vitamin B1: 0.88mg (58.47%), Fiber: 9.03g (36.1%), Phosphorus: 339.24mg (33.92%), Copper: 0.63mg (31.38%), Vitamin B3: 5.4mg (27.02%), Vitamin B2: 0.42mg (24.65%), Vitamin B5: 2.25mg (22.5%), Zinc: 3.13mg (20.88%), Magnesium: 83.19mg (20.8%), Iron: 2.97mg (16.5%), Vitamin E: 2.3mg (15.31%), Potassium: 367.39mg (10.5%), Vitamin B6: 0.2mg (10.04%), Vitamin K: 10.05µg (9.57%), Calcium: 55.63mg (5.56%)