



Garlic Bubble Loaf

READY IN



70 min.

SERVINGS



32

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup butter melted
- 1 tablespoon parsley dried
- 6.3 cups flour all-purpose
- 2 teaspoons garlic powder
- 2 cups milk (110° to 115°)
- 2 teaspoons salt
- 1 tablespoon shortening
- 2 tablespoons sugar

0.3 cup water (110° to 115°)

Equipment

bowl

oven

loaf pan

Directions

In a large bowl, dissolve yeast in warm water.

Add the milk, sugar, shortening, salt and 2 cups flour; beat until smooth. Stir in enough of the remaining flour to form a soft dough. Turn out on 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. Turn onto a lightly floured surface; divide into fourths. Divide each portion into 12 pieces. In a shallow bowl, combine the butter, parsley and garlic powder. Shape each piece into a ball; dip in the butter mixture.

Place in two grease 9-in. x 5-in. loaf pan.

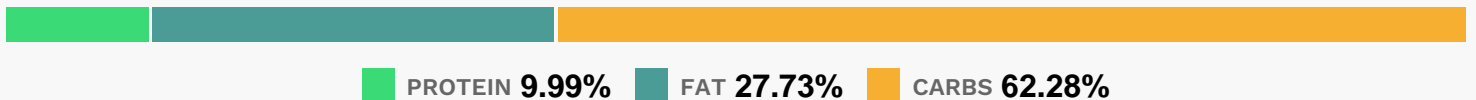
Pour any remaining butter mixture over dough. Cover and let rise until doubled, about 30 minutes.

Bake at 375° for 35–40 minutes or until golden brown. Cool for 10 minutes.

Remove from pans to wire racks.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:14.28, Inflammation Score:-3, Nutrition Score:4.563913098172%

Flavonoids

Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg

Nutrients (% of daily need)

Calories: 132.11kcal (6.61%), Fat: 4.04g (6.22%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 19.63g (7.14%), Sugar: 1.56g (1.73%), Cholesterol: 9.46mg (3.15%), Sodium: 175.17mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin B1: 0.25mg (16.67%), Folate: 55.35µg (13.84%), Selenium: 8.7µg (12.42%), Vitamin B2: 0.16mg (9.56%), Manganese: 0.18mg (8.84%), Vitamin B3: 1.64mg (8.22%), Iron: 1.17mg (6.5%), Phosphorus: 46.49mg (4.65%), Fiber: 0.81g (3.25%), Calcium: 24.42mg (2.44%), Vitamin B5: 0.23mg (2.32%), Vitamin A: 114.55IU (2.29%), Magnesium: 7.93mg (1.98%), Copper: 0.04mg (1.96%), Zinc: 0.28mg (1.88%), Potassium: 58.04mg (1.66%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.43µg (1.36%), Vitamin D: 0.17µg (1.12%)