



## Gold Medal® Classic White Bread

 Dairy Free

READY IN



205 min.

SERVINGS



32

CALORIES



104 kcal

BREAD

### Ingredients

- 4.5 teaspoons yeast dry quick
- 6 cups flour all-purpose for bread® bread flour gold medal®
- 2 tablespoons butter melted
- 1 tablespoon salt
- 2 tablespoons shortening
- 3 tablespoons sugar
- 2.3 cups water (120° to 130°F)

### Equipment

- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- loaf pan
- hand mixer
- rolling pin

## Directions

- In large bowl, stir 3 1/2 cups of the flour, the sugar, salt, shortening and yeast until well mixed.
- Add warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.
- Place dough on lightly floured surface. Knead about 10 minutes or until dough is smooth and springy. Grease large bowl with shortening.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap and let rise in warm place 40 to 60 minutes or until dough has doubled in size. Dough is ready if indentation remains when touched.
- Grease bottoms and sides of two 8x4-inch or 9x5-inch loaf pans with shortening or spray with cooking spray.
- Gently push fist into dough to deflate. Divide dough in half. Flatten each half with hands or rolling pin into 18x9-inch rectangle on lightly floured surface.
- Roll dough up tightly, beginning at 9-inch side. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Pinch each end of roll to seal. Fold ends under loaf.
- Place seam side down in pan.
- Brush loaves lightly with butter. Cover loosely with plastic wrap and let rise in warm place 35 to 50 minutes or until dough has doubled in size.
- Move oven rack to low position so that tops of pans will be in center of oven.
- Heat oven to 425°F.
- Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped.

Remove from pans to wire rack.

Brush loaves with butter; cool.

## Nutrition Facts



## Properties

Glycemic Index:4.53, Glycemic Load:13.72, Inflammation Score:-2, Nutrition Score:3.7439130267695%

## Nutrients (% of daily need)

Calories: 104.43kcal (5.22%), Fat: 1.77g (2.72%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 18.44g (6.71%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 227.83mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin B1: 0.23mg (15.49%), Folate: 53.14µg (13.28%), Selenium: 7.99µg (11.41%), Manganese: 0.16mg (8.09%), Vitamin B2: 0.13mg (7.87%), Vitamin B3: 1.56mg (7.8%), Iron: 1.1mg (6.11%), Fiber: 0.75g (3%), Phosphorus: 28.3mg (2.83%), Copper: 0.04mg (1.93%), Vitamin B5: 0.17mg (1.68%), Magnesium: 5.59mg (1.4%), Zinc: 0.2mg (1.34%)