

Golden Cheese Yeast Bread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



131 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 1 eggs
- 6 cups flour all-purpose
- 2 cups milk (120° to 130°)
- 2 teaspoons salt
- 8 ounces cheddar cheese shredded
- 3 tablespoons sugar

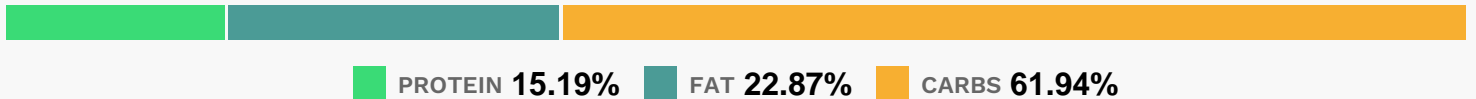
Equipment

- bowl
- oven
- loaf pan

Directions

- In a large bowl, combine 3 cups flour, cheese, sugar, yeast and salt.
- Add milk and egg; beat on low speed until smooth. 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 dough down. Divide in half and shape into two loaves.
- Place in two greased 9-in. x 5-in. loaf pans. Cover and let rise until doubled, about 45 minutes.
- Bake at 375° for 25–30 minutes or until golden brown.
- Remove from pans to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:14.04, Inflammation Score:-2, Nutrition Score:5.1582609117031%

Nutrients (% of daily need)

Calories: 131.12kcal (6.56%), Fat: 3.3g (5.07%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.33g (7.03%), Sugar: 1.95g (2.16%), Cholesterol: 14.03mg (4.68%), Sodium: 200.15mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin B1: 0.24mg (16.26%), Selenium: 10.7µg (15.29%), Folate: 55.39µg (13.85%), Vitamin B2: 0.19mg (11.31%), Manganese: 0.16mg (8.17%), Vitamin B3: 1.58mg (7.91%), Phosphorus: 78.72mg (7.87%), Calcium: 73.39mg (7.34%), Iron: 1.13mg (6.3%), Zinc: 0.54mg (3.6%), Fiber: 0.75g (3.01%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.27mg (2.7%), Magnesium: 9.31mg (2.33%), Vitamin A: 103.15IU (2.06%), Copper: 0.04mg (1.97%), Potassium: 59.59mg (1.7%), Vitamin B6: 0.03mg (1.67%), Vitamin D: 0.24µg (1.59%)