



Granny's White Bread

 Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



1919 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 10 cups flour all-purpose
- ☐ 0.3 cup butter
- ☐ 1 cup milk
- ☐ 1 cup potato flakes dry
- ☐ 4 teaspoons salt
- ☐ 3 cups warm water 110 degrees F/45 degrees C
- ☐ 0.3 cup sugar white

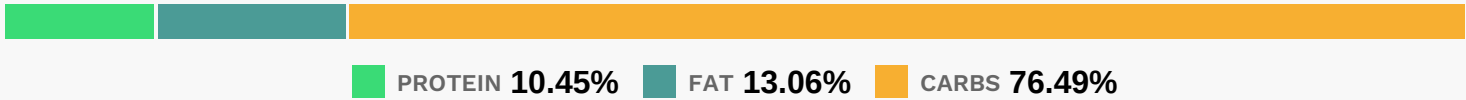
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Heat milk in a large saucepan over low heat until it bubbles; stir in butter or margarine, sugar and salt, then cool until lukewarm.
- ☐ Add warm water and potatoes and sprinkle in yeast until it dissolves. Then stir in 6 cups of the flour and mix all together.
- ☐ Add the remaining 4 to 5 cups of flour and mix.
- ☐ Let rest 15 minutes.
- ☐ Turn dough out on a floured surface and knead softly until dough is elastic and smooth. Lightly oil a large mixing bowl; add dough and turn to coat. Cover with a damp cloth and let rise 1 hour or until dough has doubled in volume.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ Punch down dough and divide into 3 to 4 sections. Shape into loaves and let rise, covered, until volume is nearly doubled.
- ☐ Bake at 400 degrees F (200 degrees C) for 30 minutes or until loaves sound hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:61.03, Glycemic Load:246.99, Inflammation Score:-10, Nutrition Score:46.413478229357%

Nutrients (% of daily need)

Calories: 1918.53kcal (95.93%), Fat: 27.5g (42.31%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 362.3g (120.77%), Net Carbohydrates: 348.46g (126.71%), Sugar: 27.89g (30.99%), Cholesterol: 9.76mg (3.25%), Sodium:

3412.99mg (148.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.51g (99.03%), Vitamin B1: 4.04mg (269.08%), Folate: 882.52µg (220.63%), Selenium: 145.99µg (208.56%), Manganese: 2.9mg (145.04%), Vitamin B2: 2.4mg (140.89%), Vitamin B3: 27.84mg (139.22%), Iron: 19.72mg (109.53%), Phosphorus: 599.25mg (59.92%), Fiber: 13.84g (55.36%), Copper: 0.7mg (34.77%), Vitamin B5: 3.2mg (32.03%), Magnesium: 120.38mg (30.1%), Zinc: 3.8mg (25.33%), Potassium: 844.23mg (24.12%), Vitamin B6: 0.46mg (22.78%), Vitamin A: 1036.16IU (20.72%), Vitamin C: 16.26mg (19.71%), Calcium: 186.16mg (18.62%), Vitamin B12: 0.47µg (7.8%), Vitamin E: 1.08mg (7.19%), Vitamin D: 0.89µg (5.96%), Vitamin K: 3.25µg (3.1%)