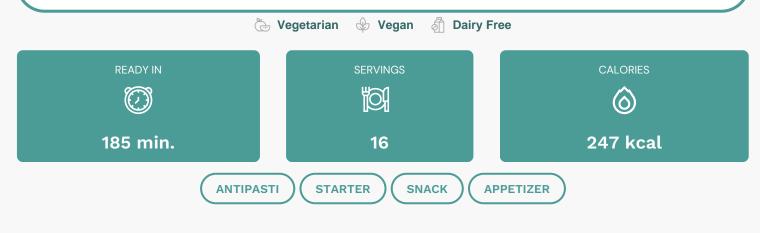


Greek Olive and Onion Bread



Ingredients

7 cups bread flour
0.3 cup optional: dill fresh chopped
2 cups kalamata olives pitted chopped
2 tablespoons olive oil extra virgin extra-virgin
2 large onion diced red
1.5 teaspoons salt
1.8 cups water
0.5 teaspoon granulated sugar white

	0.5 ounce yeast	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	knife	
Diı	rections	
	Sprinkle the yeast over 1/2 cup of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C).	
	Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.	
	Heat a large skillet over medium heat and add the olive oil and the onions. Cook and stir for 3 minutes, or until onions are soft.	
	Remove the onions from heat and reserve.	
	Combine the bread flour, salt, sugar, dill, garlic powder, olives, and cooked onions in a large bowl and mix well.	
	Add the yeast mixture and the remaining 13/4 cup water.	
	Mix well until the ingredients have pulled together and have formed a sticky dough. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.	
	Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 hour.	
	Lightly grease two baking sheets. Deflate the risen dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into two equal pieces-don't tear it. Shape into dough into round loaves, and place the loaves into the prepared pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.	
	Preheat an oven to 450 degrees F (230 degrees C).	
	Bake loaves in the preheated oven until the tops are golden brown and the bottoms sound hollow when tapped, about 40 minutes. Cool slightly before slicing.	

Nutrition Facts

PROTEIN 11.83% FAT 19.53% CARBS 68.64%

Properties

Glycemic Index:11.19, Glycemic Load:26.07, Inflammation Score:-3, Nutrition Score:6.2804348161849%

Flavonoids

Luteolin: O.1mg, Luteolin: O.1mg, Luteolin: O.1mg, Luteolin: O.1mg Isorhamnetin: 1.01mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg,

Nutrients (% of daily need)

Calories: 246.54kcal (12.33%), Fat: 5.33g (8.2%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.78g (14.47%), Sugar: 0.97g (1.08%), Cholesterol: Omg (0%), Sodium: 485.14mg (21.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Selenium: 22µg (31.43%), Manganese: 0.46mg (23.17%), Folate: 43µg (10.75%), Vitamin B1: 0.15mg (10.1%), Fiber: 2.36g (9.43%), Vitamin E: 1.12mg (7.44%), Copper: 0.13mg (6.72%), Phosphorus: 63.84mg (6.38%), Vitamin B3: 0.97mg (4.85%), Magnesium: 18.05mg (4.51%), Vitamin B2: 0.08mg (4.43%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.58mg (3.83%), Iron: 0.68mg (3.79%), Vitamin B6: 0.06mg (2.83%), Potassium: 95.8mg (2.74%), Vitamin A: 124.37IU (2.49%), Calcium: 22.86mg (2.29%), Vitamin C: 1.64mg (1.99%), Vitamin K: 1.51µg (1.44%)